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FASHION

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THE CANADIAN PRESS

Parks need money (to keep them green)

INFRASTRUCTURE

Hikers decry overflowing parking lots, broken trails

Jen St. Denis
Metro | Vancouver

Hiking enthusiasts say a recent video of an overflowing provincial park parking lot illustrates the pressure on B.C. parks — and they say current funding levels are not enough to protect the natural areas.

“The infrastructure’s not being kept up the way it used to,” said Jodi Appleton, executive director of the Federation of Mountain Clubs of B.C. “In addition, more parks are continually being added by the province — which is great — but to keep those parks up and running and make them accessible and safe, they do need more funding.”

Appleton’s organization has been encouraging members to send in photos of trails and signage in need of repair, which it has been publishing on social media with the hashtag #fundbcparks. The video showing a very, very long line of cars parked on the side of the highway this Labour Day at Joffre Lakes near Pemberton is one more example of both the growing popularity of B.C. Parks and inadequate infrastructure, Appleton said.

Appleton listed the problems Mountain Club members have noted at various parks: missing trail signs and trail markers, boardwalks that are falling apart and damaged staircases and bridges. Without proper drainage, hikers are also walking around the muddy centre of trails, which has the effect of widening the path into protected areas.

Park users are also concerned there are not enough rangers on staff to enforce park rules, protect the environment and monitor situations like Joffre Lakes’ Sept. 3 parking chaos. And while many are willing to volunteer to maintain trails, that work still requires BC Parks staff resources to oversee and organize, Appleton said.

BC Parks statistics show that while there was a 10 per cent increase in park users between 2012 and 2015, the base government budget for provincial parks fell from $33.5 million in 2011/2012 to $30.1 million in 2014/2015. When the park revenue BC Parks is allowed to put toward expenses was added in, the overall budget increased three per cent between 2012 and 2015.

Steve Jones, a hiker from Burnaby, said there is a disconnect between the B.C. government’s promotion of tourism, the increase in park visitors, and the funding situation.

“A lot of money is being spent to promote B.C. as a destination … it’s successful, it’s great for our economy, there are many social and economic benefits,” Jones said. “But without the investment in trails, the trails that are there are becoming a little overcrowded.”

In a response, Ministry of the Environment staff wrote that 164 park rangers will be on duty in 2016 and 2017, in addition to conservation officers and contracted park operators who also play a part in enforcement. Park visitors report an 80 per cent satisfaction rate, and the province has invested over $60 million over the past five years in various BC Parks projects.

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Your essential daily news

A piece of the World Trade Center is headed to Newfoundland as a gift to Gander.

Love locks have a new home

PUBLIC ART

Queen Elizabeth Park to be hub for romance

Wanyee Li
Metro | Vancouver

Locals and visitors now have a place in Vancouver to publicly declare their love by attaching a padlock to a new public art display and throwing away the key.

The Vancouver Park Board unveiled the four-sculpture display, called Love in the Rain, in Queen Elizabeth Park Wednesday.

Visitors Lars Westphal and Sarah Hamberger walked past the sculpture after the unveiling and told Metro they would return with their own lock.

"Next time we'll bring one," said Westphal, who is from Germany.

The sculptures, located near the Bloedel Conservatory, feature four entwined couples under umbrellas and each pair has a metal skirt that people can attach their lock onto.

"I tried to create a special place for each special love. You'll notice that each sculpture is unique … (to) celebrate the diversity of love," said Vancouver-based artist Bruce Voyce.

The umbrellas were inspired by the Japanese tradition of sharing umbrellas as symbols of love, he said.

"It seems fitting to celebrate love with two figures, locked in an embrace, reaching towards the sky with an umbrella."

The $50,000 display is made from 5,000 pieces of handcrafted stainless steel welded together.

But the piece of art is not complete without locks and each sculpture can hold several thousand locks, said Voyce.

"These figures look a little bare. They look like they may get cold in the rain so I would like to invite everyone to cover them with their locks of love."

Newly engaged Arvinder Gill and Sukhdeep Uppal were the first couple to put their lock on the sculpture when it was installed Monday. Gill proposed to Uppal in front of the display and when she said yes, they celebrated by locking an engraved padlock onto one of the skirts and throwing away the key.

Keys can be "thrown away" in a container provided by the park board, where they will be recycled and melted down.

The park board approved the sculpture design in May after concerns were raised about the impact of locks on public structures like the Burrard Bridge.

German visitors Lars Westphal and Sarah Hamberger take a look at the first lock attached to the display, called Love in the Rain. As of its unveiling, the sculptures in Love in the Rain had a single lock attached to them. WANYEE LI/METRO

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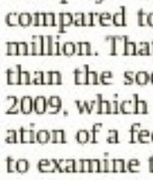
MARINE LIFE

Population decline due to climate change: researchers



Jen St. Denis
Metro | Vancouver

By 2050, fisheries worldwide could be earning $10 billion less every year because of the impacts of climate change, according to a study by researchers at the University of British Columbia.

Fish caught in B.C. waters could decline by 13 per cent by 2050, said Vicky Lam, the lead author of the study. Overall, Canada will see a six per cent loss in fishery revenues, with B.C. being affected more than the East Coast or Arctic.

However, poorer countries that depend on fish for food as well as revenue will be hardest hit, Lam said.

This year several of B.C.'s salmon fisheries have been curtailed or cancelled because of extremely low returns. Sockeye returns to the Fraser River are now projected to be just 853,000 compared to an expected 2.2 million. That number is lower than the sockeye collapse of 2009, which prompted the creation of a federal commission to examine the problem.

A previous study Lam worked on for Vancity Credit Union found that the sockeye salmon catch in B.C. could decline as much as 21 per cent by 2050, while a third UBC study found the catch for First Nations fisheries could drop by 50 per cent by 2050, with herring and salmon being the most affected.

Warming water temperatures, changes in oxygen levels and increased ocean salinity and acidity will continue to reduce the number of fish, Lam said. Fish will also begin to migrate north to seek cooler water temperatures.

"Each of the species have a certain temperature preference, so if the temperature in the ocean is higher than their limit, they'll try to find a more suitable environment," Lam said.

"Some of the higher value species (may) move to northern areas, and what is left behind are lower value fish."

Relying on fish farming likely won't help to boost revenues as the number of wild fish decline: the researchers forecast that an increase production in farmed fish, which sells at a lower price, will push down the price of wild fish, further eroding revenues.

"Our study highlight that it's very important to plan for adaptation and mitigation measures," Lam said. "But one of the major results of our study is that it's very important to identify the trade-off between adaptation measures (like aquaculture) and economic impacts on the fishery revenues and climate change."

More also needs to be done to protect and better manage current stocks, including reducing fishing, Lam said.

A rotting salmon gets covered by mud along the Harrison River near Harrison Mills, B.C. in 2013. JONATHAN HAYWARD/THE CANADIAN PRESS

> **Some of the higher value species (may) move to northern areas, and what is left behind are lower value fish.** Vicky Lam

COURT

Lawyer relays account of shooting

A Crown lawyer says a man accused of killing two employees and attempting to kill two others yelled expletives and said, "You know who I am" during a shooting rampage at his former workplace in Nanaimo.

Nic Barber started the trial Wednesday of former sawmill worker Kevin Addison with a chilling account of the alleged events on April 30, 2014.

Addison, who sat in the prisoner's box in B.C. Supreme Court wearing a dark green shirt and leg shackles, is charged with two counts each of first-degree murder and attempted murder.

Barber said evidence will be presented that Addison, 50, used a sawed-off shotgun to kill Michael Lunn in the parking lot of Western Forest Products moments after he arrived at about 7 a.m. Lunn, 62, was hit in the back of his right arm by a single blast, Barber said.

He died in the lot despite efforts by a security guard, a co-worker and paramedics to save him, court heard.

Barber said the trial will hear Addison, who had grievances against Western Forest Products, then walked toward the company office and shot Tony Sudar in the face before shooting Earl Kelly and Fred McEachern in the back.

Despite being shot, McEachern, along with two other employees, Andrew Vanger and Ed Good, subdued Addison and held him until RCMP arrived minutes later, Barber said.

The wounded McEachern, 53, hit Addison over the head with a chair but later died of his gunshot injuries, Barber said.

The Crown expects to call about 30 witnesses during the trial, which is set to last up to three weeks. THE CANADIAN PRESS

B.C. church refugee preps for legal battle at law school

CBSA

Now a resident, Salvadoran still fighting reason he was deported

David P. Ball
Metro | Vancouver

Jose Figueroa stands outside the Walnut Grove Lutheran Church with his family, left to right, Esmeralda, Ruby, Jose and wife Ivania in Langley, B.C., in 2015. THE CANADIAN PRESS/JONATHAN HAYWARD

Nearly nine months after emerging emotionally from Langley's Walnut Grove Lutheran Church — his family's two-year sanctuary from authorities hoping to deport him to El Salvador — Jose Figueroa is ready to resume his fight.

Despite being granted permanent residency last December, securing his freedom in Canada, on Sept. 27 the 19-year B.C. resident will head to Federal Court in Vancouver to challenge the very reasons he was ordered deported to El Salvador in the first place.

"Even though I'm out of the church," he told Metro in a phone interview, "the legal processes that started before I was in sanctuary are still continuing."

Figueroa is girding for a legal challenge to Canada Border Services Agency's insistence that his former membership in the Farabundo Martí National Liberation Front (FMLN) currently governing El Salvador links him to a terrorist organization.

He's seeking a judicial review of the government's reasons for declaring it "terrorist" in hopes that others like him won't ever have to face separation from their families or what he's been through.

But to prepare himself to argue his own case in court, Figueroa made a decision he never imagined he'd have to after fighting to not be separated from his family for years: moving away from them to enrol in University of Victoria law school part-time.

"At 49, I feel like a grandpa compared to everyone else studying here!" he joked after his first two days of an introductory law course.

"I'm so grateful to the University of Victoria for giving me the opportunity to do something I should have done a long time ago.

"This means another separation from my family, but the circumstances are completely different. Right now I'm not under any threat of being deported — I can go back (to the mainland) any time to see them."

> **The outcome of this struggle will be we will set a precedent to help other immigrants, so they don't suffer the same situation we suffered.** Jose Figueroa

He said he's "learning a lot" so far about legal processes that he believes will help him in court, not only at his hearing in two weeks but in a separate appearance in late November related to his case.

"The main issue is why I was found inadmissible in the first place," he said. "The only reason I got out of the church was because the (immigration) minister made his decision on humanitarian grounds.

"CBSA are still of the opinion that I'm inadmissible. But the allegations against me by CBSA were not founded — the allegation that the FMLN is a terrorist organization."

Figueroa said he's also still without coverage by B.C.'s Medical Services Plan, despite having permanent residency — and a recent emergency visit to hospital with kidney stones has him uncertain if he'll be forced to pay for what he's entitled to as a resident.

"My idea for taking a law degree is to help other people so they don't have to suffer the same issues my family and I suffered for so many years," he said.

"It's a way to give back to the community.

"The outcome of this struggle will be we will set a precedent to help other immigrants, so they don't suffer the same situation we suffered."

THE FMLN

Launched in 1980, the FMLN — an organization Jos Figueroa was a member of — took up an armed struggle against El Salvador's U.S.-backed military dictatorship, leading to a bloody 13-year civil war.

Afterward, it became a political party that's formed government there since 2009 and elected several presidents.

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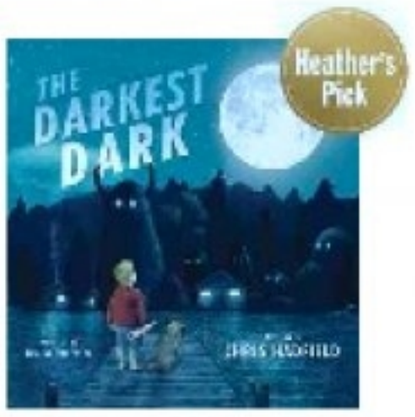

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Futurist sees a high-tech, worry-free airport ahead

YVR

Holograms, driverless cars, space travel and robots

Jen St. Denis
Metro | Vancouver

Nick Badminton has created stories around what Vancouver Airport could look like in 2037. CONTRIBUTED

Will you one day be able to climb aboard a spaceship from the Vancouver International Airport?

A futurist hired by the Vancouver International Airport has envisioned a world packed with helpful holograms, driverless cars, robot porters — and space travel.

For good measure, Nick Badminton has also thrown in a vertical hydroponic farm that would provide hyper-local food to travellers. It's all part of an exercise undertaken by the airport to think about what life could be like in 2037, and it fits into the airport authority's ongoing land use planning process.

"What we did was we imagined, what if they called an autonomous vehicle to come and pick them up and they confirmed it would pick them up two weeks after their vacation?" Badminton said.

"What if they walked into the concourse and it was really easy to get rid of their bags and walk through security, where security does a bunch of checking automatically using high-resolution cameras and data and digitization of travel details."

The rosy "stories" Badminton has created include a 10-year-old boy travelling alone accompanied by a cheerful and informative hologram and a businesswoman who wears augmented reality glasses and decides to locate her avionics business in Vancouver.

Badminton says he based the scenarios on cutting-edge technology that will likely become common in the next 20 years, although he acknowledges the narratives don't deal with the negative aspects of technology such as concerns that driverless cars could replace workers, or privacy concerns around gathering huge amounts of personal data.

"We looked positively at what solutions can we put in place to look at what YVR airport needs to do," Badminton said.

WORKSHOPS

Badminton hopes to talk about his ideas at two public workshops to discuss the future of the airport on Sept. 14 and 17, followed by an open house on Oct. 12.

IN BRIEF

Investigation seeks three missing people

Mounties in Williams Lake say the disappearance of three people is believed to be connected. Mihai Vornicu, 44, and his 58-year-old wife Marie Olarte were reported missing in early August, and RCMP in Cariboo issued an appeal for public assistance Sept. 1. That's when the family of 32-year-old Robert Dragoescu reported they had not heard from him since late July, around the same time as a vehicle belonging to the missing couple was found abandoned in Williams Lake.

Investigators said the three knew each other. Anyone with information is urged to contact authorities. THE CANADIAN PRESS

Staff at Empress Hotel vote for new contract

Unionized workers at Victoria's best-known hotel, the Empress, have ratified a new deal. Stu Shields, Unifor national representative, says workers voted 92 per cent in favour. He said the new contract contains improvements to pay, pensions and benefits, and also addresses the issues of forced overtime and workload for housekeepers. THE CANADIAN PRESS

Earthquake ripples through Fraser Valley

A 3.2-magnitude earthquake late Tuesday has rattled the Sudden Valley area of northwest Washington and was strong enough to be felt over a wide area of the Fraser Valley. THE CANADIAN PRESS

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Leitch digging in on proposed 'values' test

IDENTITY

Tory leader hopeful wants more vetting of newcomers

Kellie Leitch's Conservative leadership campaign is trying to goad rivals and caucus colleagues into reacting to her proposal that the federal government screen potential immigrants and refugees for anti-Canadian values.

The Ontario MP says her idea to vet newcomers for where they stand on issues such as religious tolerance and equality of opportunity would apply to visitors too, with her campaign saying she was referring to high-profile individuals such as the controversial American blogger known as Roosh V.

The Conservatives urged the Liberal government to bar the blogger from visiting Canada earlier this year and Leitch campaign manager Nick Kouvalis has pointed that out on social media as part of a series of tweets seeking responses from other leadership candidates.

Some candidates have weighed in, with Deepak Obhrai calling the idea insulting to immigrants, Michael Chong accusing Leitch of engaging in dog-whistle politics and Maxime Bernier saying there are better ways to integrate newcomers. Others, such as Tony Clement, have demurred, saying he wants to focus on his own campaign.

Conservative strategist Jason Lietaer says it is clear the Leitch campaign believes this is a winning idea — even if it's likely unworkable — and is trying to wedge rivals on the other side of the issue.

"I don't think it's intolerant to believe in a set of values that we expect everyone to share here and include those people who are coming to visit or immigrate to Canada," Leitch said Tuesday in an interview. THE CANADIAN PRESS

Labour Minister Kellie Leitch is expanding her proposal to have the federal government screen potential immigrants and refugees for anti-Canadian values to include visitors. THE CANADIAN PRESS

WORKPLACE

Harassment training for waiters, servers

Ontario will spend $1.7 million over three years to train bartenders and servers to identify and intervene in instances of sexual violence and harassment among employees and customers.

Women's Issues Minister Tracy MacCharles says the training programs will be designed and delivered by organizations in the hospitality sector as well as by experts in violence prevention.

She says restaurant and bar managers, operators and owners will also receive the training, which will teach them and their staff how to intervene in such situations in a safe way.

MacCharles says the majority of the 450,000 servers and waiters in Ontario are young women, and not all of them know exactly what sexual violence and harassment look like.

New regulations that take effect Thursday require employers to have a policy that makes it clear who would investigate if an alleged harasser is the owner or supervisor, and they must provide written results of any investigation.

Labour Minister Kevin Flynn says the range of possible responses to harassment is huge, and the training will "empower" people to know how to deal with each situation. THE CANADIAN PRESS

IN BRIEF

Feds' payroll woes add up

The federal government says it's going to cost at least $40 million to $50 million this year to straighten out its troubled new pay system. However, officials say they are starting to see progress in their efforts to resolve the problems, and hope to be done by Oct. 31.

THE CANADIAN PRESS

Ex-deputy premier of Saskatchewan sentenced

The former deputy premier of Saskatchewan has pleaded guilty to impaired driving. The court heard that Don McMorris had more than two and a half times the legal blood alcohol limit in his system when he was pulled over by RCMP last month.

THE CANADIAN PRESS

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Trump slams the generals

U.S. POLITICS

Candidate says he'd give military deadline for plans to defeat Daesh

Levelling unusually harsh criticism against the military, Donald Trump said Wednesday night that America's generals have been "reduced to rubble" under President Barack Obama and suggested he would fire some of them if he wins in November.

Trump's comments came during a televised national security forum where he and Democratic rival Hillary Clinton each fielded 30 minutes of questions about their experience and judgment to be commander in chief. While the candidates never appeared on stage together, their back-to-back sessions served as a preview of sorts for their upcoming presidential debates.

By virtue of a coin flip, Clinton took the stage first and quickly found herself responding at length to questions about her years in government. She reiterated that she had made mistakes in relying on a personal email account and private server as secretary of state and in voting for the 2003 invasion of Iraq as a senator. But she defended her support for U.S. military intervention to help oust a dictator in Libya, despite the chaotic aftermath.

Donald Trump speaks with Matt Lauer at the NBC Commander-In-Chief Forum held at the Intrepid Sea, Air and Space museum in New York on Wednesday. EVAN VUCCI/THE ASSOCIATED PRESS

Trump did little to counter the criticism that he lacks detailed policy proposals, particularly regarding Daesh. He both insisted he has a private blueprint for defeating the extremist group and that he would demand a plan from military leaders within 30 days of taking office.

Asked to square his request for military options with his harsh criticism of the current crop of generals, Trump said simply: "They'll probably be different generals."

As a businessman with no substantial national security experience, Trump was also vague about how he is preparing for the enormous array of complex issues that would land on his desk as commander in chief. He cited his team of military advisers, but also said he has "a common sense" that will help him make decisions on foreign policy.

Trump also renewed his praise of Russian President Vladimir Putin for having "great control over his country." Trump's warm words about Putin have troubled some of his fellow Republicans who see the Russian leader as a threat to American allies in Europe.

With just two months until Election Day, national security has emerged as a centerpiece issue in the White House race. Both candidates believe they have the upper hand, with Clinton contrasting her experience with Trump's unpredictability and the Republican arguing that Americans worried about their safety will be left with more of the same if they elect President Barack Obama's former secretary of state.

THE ASSOCIATED PRESS

DIPLOMACY

Russia up to no good: U.S.

U.S. Defence Secretary Ash Carter accused Russia on Wednesday of sowing seeds of global instability and questioned whether Moscow genuinely wants a viable cease-fire in Syria.

In a hard-hitting speech at Oxford University, Carter emphasized deep skepticism about Russian intentions in Syria, even as U.S. Secretary of State John Kerry weighed more talks with Russian Foreign Minister Sergey Lavrov in Geneva. Their discussions last weekend, on the sidelines of an economic summit in China, failed to produce a nationwide cease-fire in Syria or a U.S.-Russian military co-operation agreement.

Russia is a firm supporter of Syrian President Bashar Assad, and their joint military operation has sometimes targeted the anti-Daesh rebels backed by the U.S. The Russian Foreign Ministry said Kerry and Lavrov would hold their next round of negotiations Thursday and Friday. But U.S. officials indicated the earliest the talks could happen is Friday. THE ASSOCIATED PRESS

MEXICO

'Architect' of embarrassment resigns

One of President Enrique Pena Nieto's closest advisers and confidants, Finance Secretary Luis Videgaray, resigned Wednesday in a move seen as linked to the unpopular decision to invite Republican presidential candidate Donald Trump to visit Mexico.

Pena Nieto has taken responsibility for inviting Trump, but a former government official familiar with the workings of the administration said Videgaray would have played a preponderant role in the decision. Newspaper columnists in Mexico have reported Videgaray was behind last week's visit, after which Pena Nieto was criticized for not being forceful enough in rejecting Trump's proposals and comments about Mexico.

Videgaray "was the architect" of Trump's visit, because he was the adviser that Pena Nieto had "the most reliance on, and was closest to," said columnist and political analyst Raymundo Riva Palacio.

Even Trump said Videgaray's resignation was related to his visit. Trump said Wednesday that "the people that arranged the trip in Mexico have been forced out of government. That's how well we did." THE ASSOCIATED PRESS

Luis Videgaray's resignation was announced on Wednesday. AP

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Camerawoman indicted for Hungary border altercation

EUROPE

Petra Laszlo was filmed kicking migrants last September

In this Tuesday, Sept. 8, 2015, file photo taken from TV, a Hungarian camerawoman, centre left in blue, kicks out at a young migrant who had just crossed the border from Serbia near Roszke, Hungary. THE ASSOCIATED PRESS FILE

The camerawoman who was filmed kicking and trying to trip migrants near Hungary's border with Serbia in September 2015 has been indicted for breaching the peace, Hungarian prosecutors said Wednesday.

Petra Laszlo, who later apologized for her actions while also trying to justify them, was fired by the right-wing N1TV after footage of her actions went viral on social media.

Laszlo said at the time that she panicked as refugees and migrants broke through police lines near her position and she felt under attack. She kicked a boy and a girl and later tried to trip a man carrying a boy.

Laszlo later told Russian newspaper Izvestia that her life was "ruined" by the incidents that took place Sept. 8, 2015, and she was considering moving to Russia.

Gabor Laszlo, the camerawoman's husband, said in an email that on the advice of their lawyer, they would have no comment until the court's verdict. The trial will be held in the southern city of Szeged.

Zsolt Kopasz, the chief prosecutor of Csongrad County, said in a statement that after a thorough investigation, it was determined that there was no "reasonable chance" for Laszlo's actions "to cause injury."

"No data emerged which would have indicated that the conducts of the accused were motivated by ethnic considerations or by the migrant status of the victims," Kopasz said.

The man Laszlo tried to trip, and who fell while trying to pull away from police at the border, was later identified as Osama Abdul Mohsen, a soccer coach from Syria. He and part of his family settled in Spain, where he was working for a Spanish soccer club.

The man Laszlo tried to trip, and who fell while trying to pull away from police at the border, was later identified as Osama Abdul Mohsen, a soccer coach from Syria. He and part of his family settled in Spain, where he was working for a Spanish soccer club.

THE ASSOCIATED PRESS

FENCES BLOCK WESTWARD ROUTE

Last year, nearly 400,000 migrants and refugees passed through Hungary on their way west before Prime Minister Viktor Orban had fences protected by razor wire built on the border with Serbia and Croatia.

Together with other measures, such as allowing police to "escort" back to Serbia unregistered migrants found within eight kilometres of the border, the fences have practically halted the migrant flow.

PARIS

Couple arrested after gas canisters found near Notre Dame

French soldiers patrol in front of Notre Dame cathedral in Paris as part of the Sentinelle military force security mission on Aug. 15. ALAIN JOCARD/AFP/GETTY IMAGES FILE

A criminal terrorist investigation has been opened in Paris following the discovery of a car parked near Notre Dame Cathedral with seven gas canisters and pages written in Arabic inside, prosecutors said.

The Paris prosecutor's office revealed Wednesday that a couple it described as radicalized — a 34-year-old man and a 29-year-old woman — was arrested a day earlier and transferred to Paris to be questioned in the case.

The car found near the famous cathedral on Sunday morning had its licence plates removed and hazard lights on. That evening, its owner went to the police to report that his radicalized daughter was missing but without saying his car had also disappeared, the prosecutor's office said.

Police briefly detained and questioned the car owner before letting him go, the prosecutor's office said. His daughter still is being sought, the office said.

The man and woman arrested in a highway rest area near the southern town of Orange on Tuesday already were known by French security services for their alleged links with "radical Islamism," prosecutors said.

The prosecutor's office would not say why investigators suspect them in the case nor whether the couple might have been in contact with the car owner's daughter.

The papers written in Arabic are being analyzed, the prosecutor's office said.

It said it has opened an investigation under suspicion of a "criminal terrorist association."

Two others officials, speaking on condition of anonymity since the investigation is ongoing, said an employee of a bar near Notre Dame Cathedral flagged the car Sunday morning as it was parked along the Seine River.

No one was inside, but police found six canisters filled with gas in the trunk and an empty canister on one of the seats.

No detonator or ignition materials were found in the car, the prosecutor's office said.

260

French Interior Minister Bernard Cazeneuve said there have been 260 arrests linked to extremist networks since the beginning of the year "and a significant number of these people were preparing attacks."

In addition to the car owner, three other people were briefly detained and questioned in the case before being released, it said. French Interior Minister Bernard Cazeneuve said it still was not clear why the car was abandoned or what the alleged intentions were of those under arrest.

In an interview with Le Monde newspaper earlier this week, Paris prosecutor Francois Molins said an increasing number of teenage girls have been radicalized, with "very worrying profiles," "very harsh personalities" and "sometimes terrorist plans that, intellectually, start to be brought to completion."

Molins said 35 minors — 23 boys and 12 girls — are being investigated under preliminary charges, nine of whom have been detained.

THE ASSOCIATED PRESS

IN BRIEF

Wildfires hampered 2016 oilsands spending: Alberta

Alberta wildfires that swept through Fort McMurray in May have resulted in the loss of $1 billion in planned capital spending in the oilsands for 2016, according to Alberta's chief energy economist.

Matt Foss said Wednesday he believes those plans are deferred, not cancelled. But he doesn't know when or if companies will resume their spending given benchmark oil prices that remain below break-even levels.

Foss said this dropped expected oilsands spending in the current year to $18.5 billion from $19.5 billion.

THE CANADIAN PRESS

Central bank holds key interest rate at 0.5 per cent

The Bank of Canada struck a note of caution Wednesday as it held its key interest rate target steady at 0.5 per cent and raised concerns about the disappointing export sector.

"While the strength in exports during July was encouraging, the ground lost over previous months raises the possibility that the profile for economic activity will be somewhat lower than anticipated," the central bank said.

The central bank said the risks for inflation have "tilted somewhat to the downside" though remained roughly in line with its expectations, with total inflation below the two per cent target and measures of core inflation around two per cent.

THE CANADIAN PRESS

Apple touts camera, wireless headphones

TECHNOLOGY

iPhone 7 sees jack removed in favour of better battery, sound

Apple's latest iPhone may be more notable for what's missing from previous models than what's being added. The iPhone 7 and 7 Plus unveiled Wednesday won't have an analog headphone jack — a longtime staple in just about every consumer electronics device that can play audio.

In doing so, Apple is betting that its legions of loyal fans will embrace the shift to wireless headphones — or, if they insist, that they won't mind using earbuds that plug into the iPhone's power port, or older headsets in conjunction with a new adapter.

The redesigned earbuds — with cord — will be included with the new iPhones, as well as an adapter for old headphones.

THE WIRELESS FUTURE LOOMS

But Apple is trying to push consumers to cut the cord with their headphones and make the leap into what it envisions as a "wireless future."

As part of the transition, Apple also is introducing wireless "AirPods" that will sell for $160.

Getting rid of the 3.5 millimeter headphone jack helped Apple make its new iPhone slimmer, boost its battery lifetime and add other improvements, including stereo speakers and a sharper camera. The iPhone 7 is also water resistant, a popular feature that rivals such as Samsung Electronics already have been offering.

The new Apple AirPods are shown during an event to announce new Apple products on Wednesday in San Francisco. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

BETTER CAMERA, FASTER PROCESSOR

The most significant upgrades to this year's models include a faster processor and a better camera, upgrades that Apple typically makes every year. The more expensive and larger iPhone 7 Plus boasts the biggest change, with two digital camera lenses. One will be for wide-angle views and the other will have telephoto capabilities.

The new iPhones will debut Sept. 16 in the U.S., China and more than two dozen other countries. Orders will start this Friday.

APPLE WATCH

The company also used Wednesday's showcase to introduce a new generation of its smartwatches, which will include GPS tracking and enough water resistance to swim with, part of its effort to boost sales in its newest product line. THE ASSOCIATED PRESS

POKÉMON GO

The Apple Watch will also get a popular new app later this year too.

Niantic Labs, the developer behind the cultural sensation Pokémon Go, announced Tuesday that the game will be released for the watch, building upon the apps already designed for the iPhone and Android devices. THE ASSOCIATED PRESS

AFFORDABLE CABLE

Regulator questions TV bundles

The big four TV service providers are defending how they rolled out new, trimmed-down TV packages earlier this year, denying in hearings Wednesday that they were being "paternalistic" with customers by placing restrictions on the cheapest of their offerings.

The chairman of the Canadian Radio-television and Telecommunications Commission opened two days of hearings studying the new basic cable and satellite packages, saying consumers question their overall value.

"We received a number of comments from satisfied Canadians," said CRTC chairman Jean Pierre Blais. "Other Canadians are dissatisfied and shared their concerns and frustrations about the way some providers are offering the affordable basic package."

The "skinny basic" TV packages were mandated March 1, along with multi-channel bundles. Blais said a common consumer complaint was that providers made it complicated to switch services, noting that Rogers Inc., required customers to visit a Rogers store to finalize selections.

Prior to introducing its $24.95 "starter" package in March, Bell Canada sales staff in Atlantic Canada were directed not to promote the lower-tier service, BCE's Robert Malcolmson confirmed.

Hundreds of complaints were received by the CRTC centred on requirements imposed by some providers to buy other services — such as Internet — as a bundle.

The hearings were held in advance of a Dec. 1 deadline for the TV providers to offer both small channel packages and individual channels, on top of their smaller basic packages. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, September 8, 2016

CHANTAL HÉBERT ON ANTI-CANADIAN VALUES SCREENING

Many of Kellie Leitch's rivals are right in their assessment that the Conservative party leadership candidate's proposal would be divisive for the party in the short term and counterproductive for the Conservatives in the longer one.

Growing up in the late 1960s in Toronto one commonly ran into otherwise well-meaning people who claimed that francophone parents who sought to have their children schooled in French were determined to keep their families out of the Canadian mainstream.

École secondaire Étienne-Brûlé — Toronto's first French-language public high school — opened in September 1970, about a month before the kidnappings by the Front de libération du Québec (FLQ) of a provincial cabinet minister, who later died in captivity, and a British diplomat.

At the time the school was the target of enough anonymous threats to warrant extra police protection. Indeed, days before it opened, a neighbour told me bluntly that the wooden barracks that were the temporary home of my new high school would be burned down before year's end.

Had a government at the time of the War Measures Act set up a snitch line to report on so-called barbarian cultural practices or their 1970 equivalent, the French-speaking communities that lived outside Quebec would have been considered by many as the ground zero for the fostering of anti-Canadian values.

Those were the days when an English-rights manifesto famously titled Bilingual Today, French Tomorrow became a bestseller in some circles. The then-Progressive Conservative party in particular was home to a solid contingent of followers who thought a Quebec-led federal government was out to use official bilingualism to wipe the English language and the country's British heritage and values off the Canadian map.

The masterminds behind the residential school system that destroyed the social fabric of so many of Canada's indigenous communities were even more imbued with notions of superiority as to their values.

Given the long and mostly dishonourable history of the quest for a "unified" Canadian identity, it is hard to fathom what federal Conservative party leadership candidate Kellie Leitch is thinking when she uses such a pursuit to justify screening would-be immigrants for so-called anti-Canadian values.

A charitable explanation would be that she skipped her history classes on the way to her medical degree. But what about more recent history including that of her own party?

Among the values Leitch believes Canada should require support for from future immigrants, gender equality has pride of place. Fair enough. But many religions do not treat men and women equally. The Catholic Church for one does not. It denies women access to the priesthood. It frowns on contraception, has long been at the forefront of the fight against abortion rights and opposes same-sex marriage. On that basis, would Leitch subject the values of prospective Catholic immigrants to special scrutiny?

Moving on to gay rights and discrimination based on sexual orientation, in the '90s, the Reform Party fought tooth and nail against added protection from hate crimes for Canada's gay community. For the record, more than a few Liberal backbenchers in Jean Chrétien's caucus also opposed the change. Most said they were doing so on religious grounds.

Until last spring it was still Conservative party policy to insist that marriage should be reserved for heterosexual couples. Some of Leitch's Conservative colleagues are currently musing about running for the leadership to campaign for the restoration the party's anti-same-sex marriage stance. This rearguard battle comes more than a decade after the courts found equal access to marriage for same-sex couples to be a fundamental right.

To this day, many of the supporters Leitch might hope to attract with her proposal to vet immigrants for purported anti-Canadian values would be hard-pressed to agree on what those could be.

A word in closing: it is excessively rare, if not unprecedented, for an interim party leader to censure the proposals of a leadership candidate. Interim leaders for the most part stay above the fray.

Over the weekend, Conservative interim leader Rona Ambrose made an exception for Leitch's values musings.

Most of Leitch's leadership rivals have also come down against her proposal.

They are right in their assessment that a leadership conversation along those lines would be divisive for the party in the short term and counterproductive for the Conservatives in the longer one.

In a country as diverse as this one there is a limited market for the notion that immigration poses a bigger threat to the ever-evolving inclusive values of Canadians than some of the negative forces at play within some of its main parties.

CANADIAN VALUES Supporters of a proposal to vet immigrants for purported anti-Canadian values would be hard-pressed to agree on what those could be. TORSTAR NEWS SERVICE FILE

A charitable explanation would be that she skipped her history classes.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

Old stereotypes bottled in new linguistic terms

Azeezah Kanji

The Canadian government's recent announcement that it will no longer call Daesh the Islamic State has been celebrated as a bold stand against Islamophobia, and a notable departure from Stephen Harper's fear-mongering about "Islamicism."

"The group is neither Islamic nor a state, and so will be referred to as Daesh (its Arabic acronym)," Public Safety Minister Ralph Goodale explained in this year's edition of the Public Report on the Terrorist Threat to Canada — the first produced under the new Liberal government.

Names are important, and the misrepresentation of Islam as an inherently violent ideology is more deeply entrenched every time the name Islamic State is applied to an organization infamous for its atrocities. But anti-Muslim racism did not begin with the phrase Islamic State, and it will not end with the decision to use Daesh instead.

The ubiquitous references to the Islamic State are so pernicious only because of broader narratives persistently conflating Islam and terrorism. Otherwise, there would be little need for Goodale to clarify that a group comprising approximately 0.00006 per cent of the world's Muslim population, and condemned by large groups of leading Muslim scholars, cannot reasonably be described as "Islamic."

These broader narratives problematically equating "terrorism" with "violence committed by Muslims" are reinforced by the government's 2016 assessment of the "terrorist threat," which focuses entirely on perils posed by individuals and organizations ostensibly inspired by Islam.

Previous Public Safety Canada publications, issued during the Harper regime, at least acknowledged the existence of "threats" emanating from non-Muslim quarters.

This latest Liberal-era iteration, in contrast, fixates exclusively on Muslim "violent extremism" as the problem. The report does not justify the parochialism of its scope: the Muslim monopoly on terrorism is meant to be so obvious that it can be taken as common sense truth.

However, surely some justification is necessary, since a recent academic study found there are at least 100 right-wing extremist groups active in Canada — inexplicably excluded from the panorama of "terrorist threats" confronting the nation.

The tactic of using superficial changes in terminology to mask deeper continuities in counterterrorism policy is not a uniquely Canadian phenomenon. Similar verbal manoeuvres have been employed by politicians in other Western liberal democracies embroiled in the "war on terror."

In Canada, the Trudeau government's seemingly sweet nectar of progress may turn out to be the same old bitter wine in new linguistic bottles.

Azeezah Kanji is a legal analyst and writer based in Toronto.

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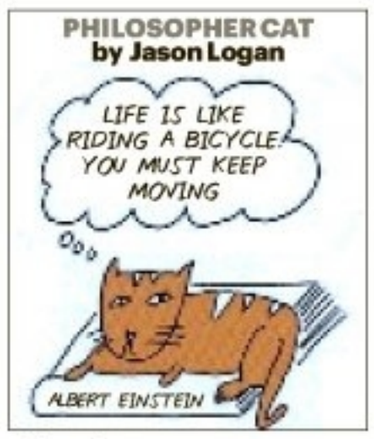

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metro LIFE

Your essential daily news

Hotline Bling Ring? $3M worth of jewels taken from Drake's tour bus in Phoenix, Arizona.

INTERVIEW

Singer tries her hand at design, unveils new line for Puma

Rihanna says if the Addams Family worked out in the gym, they would sport her new collection for Puma.

The singer's autumn/winter 2016 Fenty Puma by Rihanna line was launched Tuesday.

The collection of mostly black-and-white ensembles includes loose sweaters and oversized pants, maxi dresses, sneakers, slippers and sneaker heels.

She called the clothes and items — wearable at the gym or not — "kind of haunting."

"I kind of imagined if the Addams Family was working out, this is what they would be wearing," Rihanna said in an interview.

"This collection is kind of dark, but very oversized and long. Everything is extra and I love it," she said.

"It's something I definitely wear all the time and you either have to be into it or not."

She launched the line at pop-up shops at Foot Locker and Bergdorf Goodman in New York, where her feverish fans awaited the pop star's arrival. She wore Puma head-to-toe, including white thigh-high boots, a long black skirt and a track jacket.

Rihanna, 28, talked about the new line and how Japanese street culture inspired her style.

Rihanna's sporty Addams Family

This collection is kind of dark, but very oversized and long. Everything is extra and I love it.
Rihanna

Did you listen to music while designing this line?
I always listen to music no matter what I'm doing. Music is definitely always something that drives the mood and creating and helps you lock that in and escape to a whole other world, but I won't say any of these pieces were specific to certain songs or album — they just came from a feeling. I already knew what I wanted and I knew what I wanted to see and the direction, but to actually now apply that to silhouettes and things that had to still come back to athleticism, I had such a thrill with that challenge.

What was it like designing a line versus shopping for yourself?
Oh my gosh, big difference! When you're shopping, too, you feel like you're designing as you're shopping. You're like, 'I love this, but I wish it was shorter or I wish it was purple. I wish it was a different fabric,' you know. It starts there, but then when you have to start from scratch, it really comes with an idea first, and then ... you want to tweak and then you come up with something else and you want to add to it or change. It's fun. It's like an ocean — you can do whatever. It's so, it's a big canvas and Puma definitely let me have a lot of freedom creatively so I was lucky with that.

You said this line was inspired by Japanese street culture. Do you remember your first trip to Japan? What was that like?
Supertrippy. I felt like I was on a whole other planet. I felt like I was the only person of my kind there. It was so weird. And their fashion, I felt like I was watching a hip-hop music video, I remember. The guys all wanted to be like supergangster and oversized this, oversized that; they were so cool. But the girls, they all walked around in thigh-high boots and tiny shorts, supercute outfits that I knew came from hip-hop culture. It was really cool actually to see that. Actually the worst part about that trip was none of the shoes could fit me. I have big feet and they don't. They stop at like a size six and that's it. But it was fun. And I've always been inspired since that day; I've always been inspired by Japanese style.

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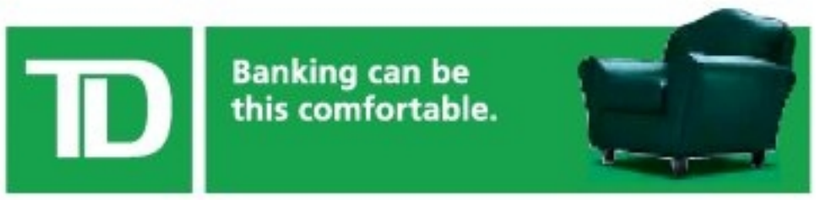

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It's a top-shelf Toronto cocktail inspired by Drake — and at **$600 a glass**, only the likes of him can afford it. **The 6, a six-ingredient tipple created at the Ritz-Carlton hotel** in honour of this year's Toronto International Film Festival, is an ultra-smooth, standout twist on a classic Manhattan. **Bartender Courtney Messam** lovingly mixes his creation with a silver spoon: six times clockwise, six times counter-clockwise. And talk about gilding the lily: It's garnished with edible leaves made of pure gold. GENNA BUCK/METRO

The iconic **Rémy Martin Louis XIII Cognac**, made from French champagne grapes, has some components that are aged 100 years. "It's my favourite cognac, the best of the best," Messam said.

Peychaud's cherry-scented bitters are milder than the angostura in a typical martini, so their flavour doesn't overwhelm the ultra-delicate liquors, Messam said.

Vermouth provides a hit of sweetness to round out the experience. This assertive, slightly oaky Italian variety is virtually impossible to find on store shelves in Canada — bars import it by the case.

Some scotches in **Johnny Walker Blue Label** blend are aged for 30 years, which lends complexity to the drink, Messam said.

Sweet **tea syrup** helps bring together the spirits' flavours without drowning them out, Messam said.

TIFF $600 Drink

PHOTO BY EDUARDO LIM/METRO

MAKE IT FOR CHEAP

Sip it yourself

You may not have an access to gold garnish, but you can make a deliciously drinkable incarnation of The 6 at home, Messam said. He suggests Johnny Walker Red Label ($29.95/750 mL), Hennessy Vs Cognac ($20.55/200 mL), and a sweet vermouth of your choice (like Martini & Rossi Sweet Vermouth Red, $13.40/1L).

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Fall is the season for all the literary heavyweights

PREVIEW

Authors Moore, Boyle and Atwood dropping new works

Alan Moore, known for his graphic novels V for Vendetta and Watchmen, is releasing a 1,266-page union of science and fantasy this fall, titled Jerusalem. THE ASSOCIATED PRESS

For the weightiest novel this fall, or most any season, Alan Moore has the grandest ambition.

"The intention was to somehow combine four or five different books or impulses for books into one coherent whole," the author known for the graphic novels Watchmen and V for Vendetta says of Jerusalem, a 1,266 page words-only union of science and fantasy that references everyone from Albert Einstein to Oliver Cromwell. Moore worked a decade on his all-encompassing tale, set in his native Northampton, England.

"This is the book in which I have written most directly about the things that are most central to my life, these being my family and the place that I emerged from. By making the narrative so personal and specific I hoped to conjure a kind of universality, an evocation of the families and places that we all come from at some point in our ancestry, irrespective of who or where we are, but the fact remains that the materials of Jerusalem come from a source very close to me."

Fall is the time for "big books," whatever the page length, and some of the top fiction authors from around the world have new works coming, including Ian McEwan, Zadie Smith, Margaret Atwood, T. Coraghessan Boyle, Rabih Alameddine, Emma Donoghue, Jonathan Safran Foer and Michael Chabon. Ann Patchett, owner of Parnassus Books in Nashville, Tennessee, looks forward to selling Jacqueline Woodson's autobiographical novel Another Brooklyn and Colson Whitehead's celebrated, Oprah Winfrey-endorsed historical novel about slavery, The Underground Railroad.

Ann Patchett, the author, will be promoting her novel Commonwealth, although she'll keep it low-key at Parnassus Books.

"I'll sign them, put them in a linen bag, send them off with a picture of my dog Sparky. Sparky is the 'value added' element," she says.

Another author-book store owner, Jeff Kinney, has completed Diary of a Wimpy Kid: Double Down, the 11th installment in his multimillion selling series. He will tour worldwide on behalf of Double Down, but at Kinney's An Unlikely Story, in Plainville, Massachusetts, the message is "try not to overdo it on the Wimpy Kid front."

"We have two small roller units with my books, and that's about it. I don't think someone coming off the street would know I own the bookstore if they hadn't heard beforehand," Kinney said.

Whitehead's novel is among several notable accounts of black life, past and present. Wesley Lowery's They Can't Kill Us All is The Washington Post reporter's book on the Black Lives Matter movement. The Fire This Time, edited by Jesmyn Ward, includes essays and poems on race by Isabel Wilkerson, Kevin Young and 16 others. Margot Lee Shetterly's Hidden Figures, which has been adapted for a feature film, documents the historic contributions made by black women mathematicians to the country's space program.

Douglas R. Egerton's Thunder at the Gates tells of the black Civil War soldiers made famous in the movie Glory, which he calls a "powerful, beautifully acted" production that "manages to get absolutely everything wrong." Egerton says fiction and nonfiction on slavery and the Civil War have become more prominent in recent years.

"When I was younger, novels that wrestled with slavery were few and often published by obscure presses," he says. "That appears to be no longer true. Perhaps also the sesquicentennial of the war and the dawn of Reconstruction has led ... to a rebirth of scholarship about black history. One of the depressing things about going to conferences now is to wander through the book exhibit and realize how many new books there are that I need to read!"

Two books that could contain tough words for presidential contenders Hillary Clinton and Donald Trump are scheduled for Nov. 15, the week after Election Day: Bernie Sanders' Our Revolution: A Future to Believe In is expected to include his thoughts on his surprisingly competitive primary battle with Clinton, while Megyn Kelly's Settle for More will likely recount her feud with Trump and her thoughts on ousted Fox News chairman Roger Ailes.

In music, Bruce Springsteen's Born to Run could be the hottest rock memoir since Keith Richards' Life was released in 2010. The Band's Robbie Robertson offers Testimony this fall, while My Life with Earth, Wind & Fire is a posthumous release from Earth, Wind & Fire founder Maurice White, featuring an introduction by Steve Harvey and foreword by producer David Foster.

Brian Wilson and fellow Beach Boys founder (and first cousin) Mike Love continue their long-running and occasionally litigious family competition as Wilson releases I Am Brian Wilson and Love has Good Vibrations. Often cast as the business-minded Beach Boy, at odds with the visionary Wilson, Love provides detailed accounts of how he wrote the lyrics to many of the Beach Boys' best known songs.

"The problem is you have hundreds of thousands of words about us, not always by people who were actually there," Love says. "I wanted to show how I was actually working on the songs with my cousin, writing the lyrics while he was creating those incredible chord processions and harmonies." THE ASSOCIATED PRESS

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A taste of haciendas

Casa Mexico (Rizzoli) by Annie Kelly and photography by Tim Street-Porter gives us a peek into the homes of the Yucatan, and inspiration on how to bring elements from one of our favourite holiday spots into our own homes year round. TORSTAR NEWS SERVICE

Suspended sleep

This bed, hung by ropes from the ceiling, was designed by the architects brought in when the new owners of Hacienda Petac bought it about 14 years ago when the buildings were in poor shape. The idea was to preserve the traditional details while updating it to modern standards.

Balance and tradition

The dining room in this 18th-century hacienda features traditional Mexican furniture and a soothing balance of warm oranges on the walls and cool blues underfoot. It's part of Hacienda Petac, a seven-bedroom property you can rent.

Twisted wire

The steel and twine chairs are called Stork Nest chairs and were brought to this traditional home — Casa Serrano Willson — from New York. Some of the spaces in the home seem right out of the 1920s mixed with ultra modern pieces. Old and new living together in harmony.

Library envy

Casa Brown's large library features bookcases up to the ceiling — the family who owns this runs Carpe Diem Press, an art book-publishing business — but it also does double duty as a dining room. The iron chandelier is from the 16th century, from Venice, Italy.

Modern graphic

Still at Casa Brown, this black, white and green master bathroom was added — it's modelled on and inspired by one in a completely different part of the world: at the Musée Nissim de Camondo in Paris (a private mansion that was turned into a museum of French decorative arts).

GILLER LONGLIST

A dozen that's well worth diving into

These are the authors and books you'll want to familiarize yourself with if you haven't already had a chance to read them: sweeping fiction, short stories, debut authors and veteran writers all feature on the 2016 Scotiabank Giller Prize longlist, announced Wednesday morning. The 12 titles vying for the $100,000 final prize were whittled down by the jury from 161 books submitted by 69 publishers.

"We selected books that reflect the boldness, originality and global perspectives that have come to characterize much Canadian writing," the jury, chaired this year by Canadian writer Lawrence Hill, noted.

On this eclectic list is Madeleine Thien, who is having a good year. Her Do Not Say We Have Nothing (Alfred A. Knopf Canada) was nominated for the Booker Prize in July and it has now made the longlist for Canada's most prestigious literary award. It is her first appearance on the list.

Emma Donoghue, who is also having a good year — in January she was nominated for an Oscar for best adapted screenplay for the adaptation of her book Room — is on the list for the second time for her upcoming book The Wonder (out Sept. 20).

David Bergen has been on a Giller list three times before. He won in 2005 for The Time In Between, was longlisted in 2008 for The Retreat and made the shortlist in 2010 for The Matter With Morris. This year he's been nominated for his book that explores the idea of displacement and class through the story of a Guatemalan girl, Stranger.

Steven Price's By Gaslight (McClelland & Stewart), the last book edited by venerable M&S editor Ellen Seligman, who passed away in March, gives Price his first Giller nomination.

Gary Barwin, also a familiar name — he's written more than 20 books of poetry, fiction and stories for children — is on the Giller list for the first time for Yiddish for Pirates, a pun-laden look at religious persecution.

Another familiar author on the list for the first time is Zoe Whittall for The Best Kind of People, a look at what happens when a family member is accused of sexual assault. She's published fiction and poetry before and writes for TV, Schitt's Creek and Baroness von Sketch Show most recently.

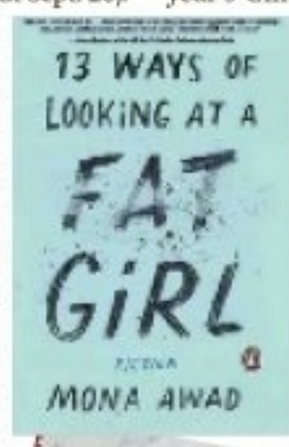
Debut novelist Mona Awad is also on the list for her book 13 Ways of Looking at a Fat Girl (Penguin Canada), which won the Amazon.ca First Novel Award in May.

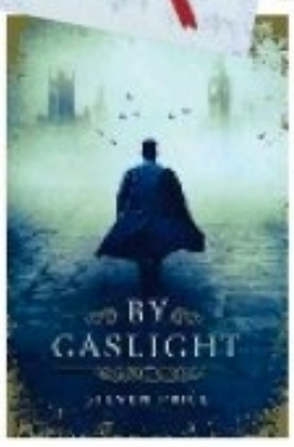
Two short story collections made the list: Kathy Lee Powell's Willem De Kooning's Paintbrush (HarperAvenue) and Kathy Page's The Two of Us (A John Metcalf Book, an imprint of Biblioasis).

The indie publisher Biblioasis, which had three publications on the shortlist last year, is represented this year with two titles — The Two of Us as well as Catherine Leroux's The Party Wall, (Biblioasis International Translation Series, translated by Lazer Lederhendler).

Other independent publishers also make a strong showing — Wolsak and Wynn is represented on the list for the first time with Susan Perly's novel Death Valley.

Pillow by Andrew Battershill (Coach House Books), gives last year's Giller-winning publishing house a title on this year's list of nominees as well. Last year's winner, Andre Alexis, who was awarded the final prize of $100,000 for his book Fifteen Dogs, did not appear on this year's longlist for his latest book The Hidden Keys. Neither did Gail Anderson-Dargatz who had two previous showings (in 1998 for A Recipe for Bees and 1996 for A Cure For Death by Lightning).





This year, the five-person jury is made up of Canadian writers Lawrence Hill (the jury chair), himself a longlist nominee in 2007 for The Book of Negroes, Jeet Heer and Kathleen Winter, as well as British author Samantha Harvey and Scottish writer Alan Warner.

The shortlist is set to come out later this month, on Sept. 26. The overall winner will be announced at a gala event on Nov. 7 and aired live on CBC Television.

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Inside the fall of the last shah of Iran

INTERVIEW

New deep dive humanizes last man at helm of imperial state

The shah of Iran, Mohammad Reza Pahlavi, went into exile in 1979 following a ruthless revolution that tilted the country from a largely westernized culture to an Islamic regime, ruled by ultra-conservative ayatollahs.

At the time, author Andrew Scott Cooper was nine years old but he followed the events on television and became gripped by what was unfolding. Later, Cooper did graduate work in the history of Iran and wrote two books about the country.

The most recent, The Fall of Heaven: The Pahlavis and the Final Days of Imperial Iran, is based not only on documentary evidence but also on interviews with the shah's widow, Queen Farah, former U.S. National Security Adviser Zbigniew Brzezinski and other witnesses who watched the unravelling of the Persian kingdom.

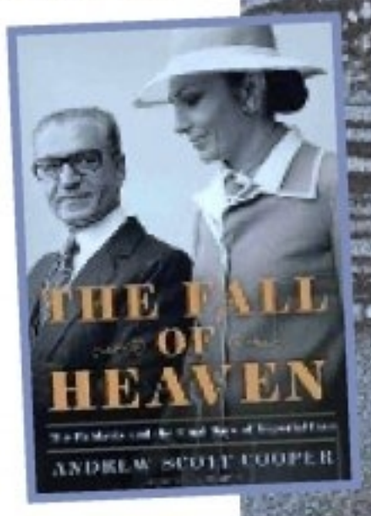
Our conversation has been edited for length.

I want to ask about your research. You spent over a year constructing a 242-page timeline from January 1977 to Aug. 1, 1978. Yikes!
It allows me to keep control of thousands of pages of documents. I had classified U.S. government documents, translated accounts and newspaper articles from the 1970s. The only way I could keep track was to create a timeline.

You write with great empathy about the shah, but he was indecisive, out of touch with his people and took counsel from advisers who were never going to tell him the truth.
I wanted to humanize the shah. The most traditional narrative is that he was a bloodthirsty autocrat who suppressed human rights. I try to present the shah as a fully rounded human being who had character flaws but was trying to do what he thought was the right thing.

Look how he treated his wife. He had a Parisian madam flying prostitutes to Tehran whom he would meet in a safe house. And Farah knew.
It was the 1970s. There wasn't social media and the Internet and people could get away with this stuff. So many people in Iran, middle-class people, knew about the shah's womanizing. It wasn't a state secret. The other leader I would draw parallels to is John F. Kennedy, who also ran enormous personal risks. There is something about power and male authority figures who think they can get away with it.

Was the revolution in Iran merely a reflection of the student uprisings in the U.S., France and elsewhere? Was it just a time of protest?
I thought about that a great deal as I was writing the book. The revolution in Iran was of a time and place.



Youth unrest in Europe and the U.S. started in the mid-1960s and continued into the 1970s. In Iran there was a generation coming of age. Many of these people had been educated in the U.S. and Europe. They went back to Iran and took the tools of protest with them.

Ayatollah Khomeini, the religious leader prominent in the overthrow of the shah, was tutored by advisers when he was in exile to hide his misogyny and his extreme political views. In fact, he came across as being very avuncular and hid his views so well that people thought of him as another Che Guevara.
People say the shah was dictatorial, but the dictatorial one was really Khomeini. His advisers told him to tone it down when it was apparent he was going to inherit power because he was scaring people. A lot of Iranians say, "We were lied to." I don't buy that. If you read his thesis from 1970, which was widely available, you get a sense that this guy was a theocrat and not afraid to use violence in pursuit of power.

TORSTAR NEWS SERVICE

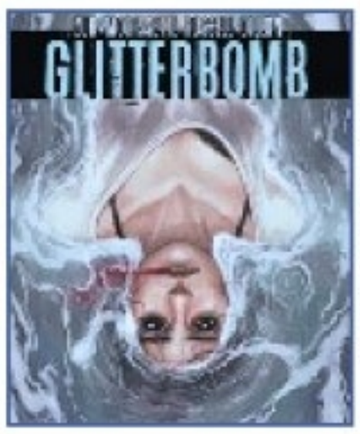
Queen Farah and shah Mohammad Reza Pahlavi were the last of the ruling Pahlavi dynasty which had controlled Iran from 1925 until 1979. CONTRIBUTED

COMICS

Glitter not gold for women in showbiz

Glitterbomb
BY: Jim Zub and Djibril Morisette-Phan
PUBLISHER: Image Comics

With TIFF on Canadians' minds, there's never been a better week for Canadian creators to launch a new comic book about the darker side of Hollywood.



The first part of Glitterbomb is out now. It's written by Toronto's Jim Zub and drawn by Montreal-based Djibril Morisette-Phan, and a perfect example of how Image fosters intriguing projects. It's all about Farrah Durante, a single mother and actress who's on the hunt for her next gig. But she's too old to be a starlet. And there's all the blood and torn flesh, because this is also a horror comic.

It's a fascinating book, telling an important story about the way Hollywood devours women.

But even more horrible are events related in the back-up material, the first essay by former producer Holly Raychelle Hughes, describing her experiences in the business.

MIKE DONACHIE/ METRO

GOSSIP

Eat Pray Love author dating best friend

Eat Pray Love author Elizabeth Gilbert, who split from her husband of nine years in July, says she's in love with her best friend, a woman named Rayya Elias, who was recently diagnosed with incurable pancreatic and liver cancer.

Gilbert says in a lengthy Facebook post Wednesday the terminal diagnosis uncovered her true feelings for her longtime friend, and those feelings led to Gilbert's divorce from Jose Nunes, whom she described falling for at the end of her bestselling memoir. The posting was confirmed by Gilbert's publicist at Riverhead Books, Jynne Martin.

Gilbert says she is making her relationship with Elias public because such "truth and transparency" make her life easier and more ethical.

She asked her readers for their love. THE ASSOCIATED PRESS

Eat Pray Love author Elizabeth Gilbert, left, announced on social media she's in love with her best friend, a woman named Rayya Elias, who was recently diagnosed with incurable pancreatic and liver cancer. ELIZABETH_GILBERT_WRITER/INSTAGRAM

Perspective of neither him nor her, but *hijra*

INTERVIEW

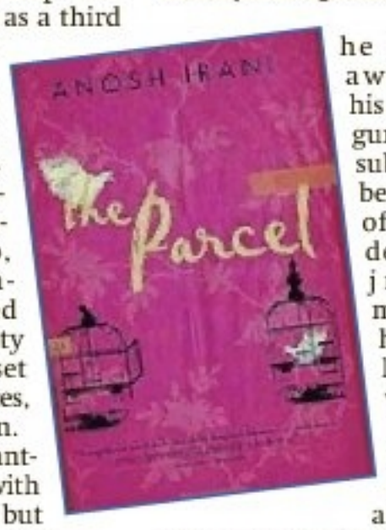
Anosh Irani's novel explores daily lives of a 'third gender'

Sue Carter
For Metro Canada

Anosh Irani has longed to write a novel with a hijra protagonist after growing up close to the chaos and colour of Bombay's red-light district. RAFFI ANDERIAN

When Anosh Irani was a young boy, up until about the age of eight, his family lived in a compound about 100 metres away from Bombay's red-light district, where the sex workers would line up in the evenings. Even as a child, walking by the area with his mother or riding past on a bus, Irani recalls being haunted and fascinated by what he witnessed.

That district is also home to many hijra, a group that uniquely identifies as a third gender, neither man nor woman. Objectified, reviled and yet wanted for their blessings, it is a culture that operates on a guru-disciple relationship, where its members are welcomed into the community through a unique set of rituals and practices, including castration.



Irani knew he wanted to write a novel with a hijra protagonist, but it took a decade before the Vancouver-based playwright and author felt ready to write The Parcel, about a young boy named Madhu who feels born into the wrong body, and spends a lifetime trying to find love and acceptance.

The story follows Madhu from his early years, when he is taken away from his family by a gurumai, and subsequently becomes one of the most desired hijra. We meet Madhu again later in life, when, as a beggar, she is tasked to prepare a "parcel": a young girl who has been sold into prostitution.

"I don't think I would have ever written this book if I hadn't been born just outside the district," Irani says. "I wouldn't have had the courage. I wouldn't have had the confidence. I'm writing both as an insider and an outsider."

Irani, who travels back to Bombay for several months every year to visit family, would spend hours walking through the city. It was only after he finished a couple drafts of The Parcel did he actually interview a hijra, to ensure his novel was factually correct.

"There are different ways of coming to the truth and fiction is one of the best, most complex ways to get an incredible amount of depth," he says. "The good thing about being in a city like Bombay is that you can be invisible very fast. You go there, you walk, you overhear things but you observe. Research for me is observation of the actual physicality of the place."

One of Irani's observations was that despite the often horrific conditions, there was humour to be found, which he deliberately wove throughout the story.

"It comes from the street level, and just listening to how people speak, you get the sense that it's very alive," he says. "Often times humour comes from pain, but it is very much part of that world. Also, as a novelist, if I'm writing something that's so realistic and in many ways really bleak, you need humour to allow the reader to continue."

Although the Western world is finally coming to terms with trans rights and the fluidity of gender, Irani's motives for writing the book were not political.

"I feel very privileged to be able to do this because there were moments when I was there — once you see something you can't not see it. Once you know something, you can't erase it from your memory," he says.

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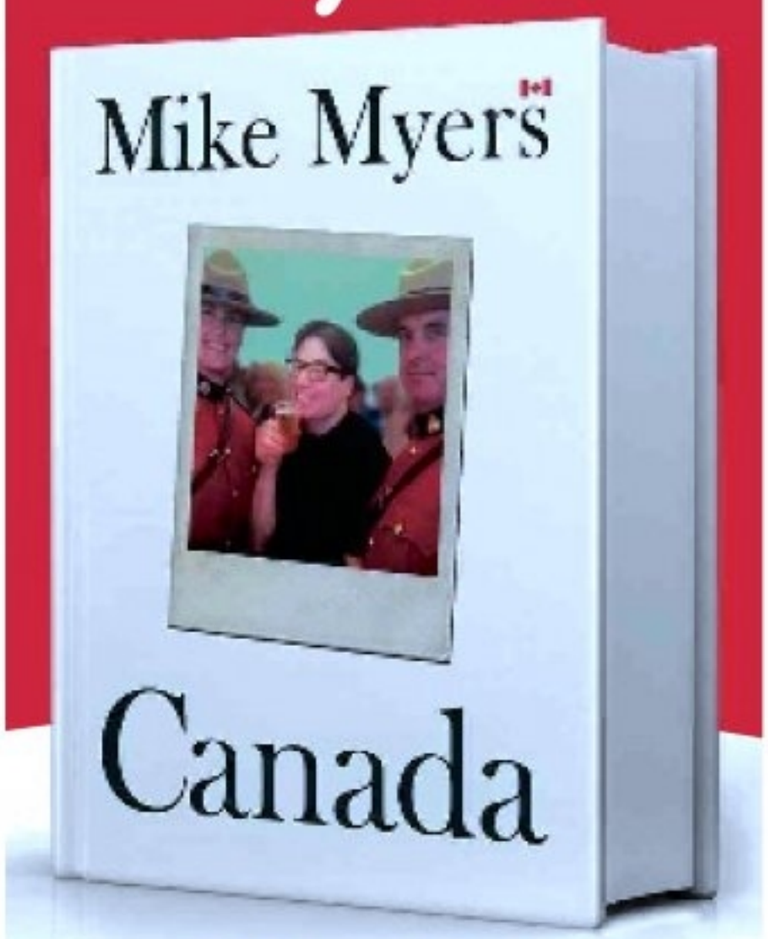

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Stars Hollow lives on in a podcast

INTERVIEW

Gilmore Girls enthusiasts take their show on the road

Impossibly quaint fictional town Stars Hollow may not seem an appropriate arena for caustic debate — that is, if you've never met a hardcore Gilmore Girls fan.

And when it comes to the motor-mouthed mother-daughter duo, devotees hardly come more fervent than Demi Adejuyigbe and Kevin T. Porter.

The Gilmore Guys podcasters have taken their talent for analyzing the beloved seven-season family-drama saga — soon to be revived by Netflix! — on the road with an interactive show. And, well, we grilled Adejuyigbe and Porter for their opinions on the most divisive Gilmore debates around.

Gilmore Girls fans and podcasters Demi Adejuyigbe (left) and Kevin T. Porter. CONTRIBUTED

Which of Rory's long-term boyfriends do you prefer: Logan, Jess, or Dean?

Porter: Man, I think it's OK if we just take Dean out of the equation 100 per cent. On an episode to episode basis, Logan is actually kind of a great boyfriend: really functional, good for her. But at the end of the day, the only one that makes sense out of those three is Mr. Jess Mariano. I don't think she will end up with him but, out of those three, I'd have to pick him.

Adejuyigbe: I would begrudgingly say Jess; he averages out to the best even though he's had some huge mess-ups in his characterization. By the end of his role, he's the best person, though I don't know if he's the best for Rory.

Let's talk Christopher: misunderstood or the worst?

Porter: He's pretty misunderstood. It's easy to vilify him because the writers and the show directly pit him against the main love interest (Luke). But he's a good dude. And I actually think his chemistry with Lorelai is superior to Luke's in a lot of ways. I really get Christopher and Lorelai in a way I sometimes don't get Luke and Lorelai.

Adejuyigbe: Christopher's misunderstood in the earlier seasons, but as we get through Season 7, I start to believe he's truly the worst. He gives up pretty easily on his relationship with Lorelai in the seventh season, after misinterpreting some things in her interactions with Luke. That's a stupid move and it shows he wasn't so into the marriage as he had claimed to be. Christopher freaks out because he thinks Lorelai might not love him as much as he thought, but she still clearly loves him. It's really bad the way he reacts to her feelings.

Should anyone watch Season 7?

Porter: You could skip it and you wouldn't miss that much. I just pretended the show got cancelled after Season 6 and I never watched Season 7 until recently. It does have some merits, but it's a hard season to recommend in this time of peak TV. It's just OK. Parts of it are disastrous, but overall it's going to be like a meal from McDonald's: it'll go down OK with some possible harsh side effects.

Adejuyigbe: Season 7's pretty good. I don't think it's as bad as anyone says it is. They made some bold decisions. Splitting Lorelai and Luke is upsetting at first, but once you realize why they do it, it's a big move because you want them back together. It's so well built you're wanting it to happen even if you do like Christopher.

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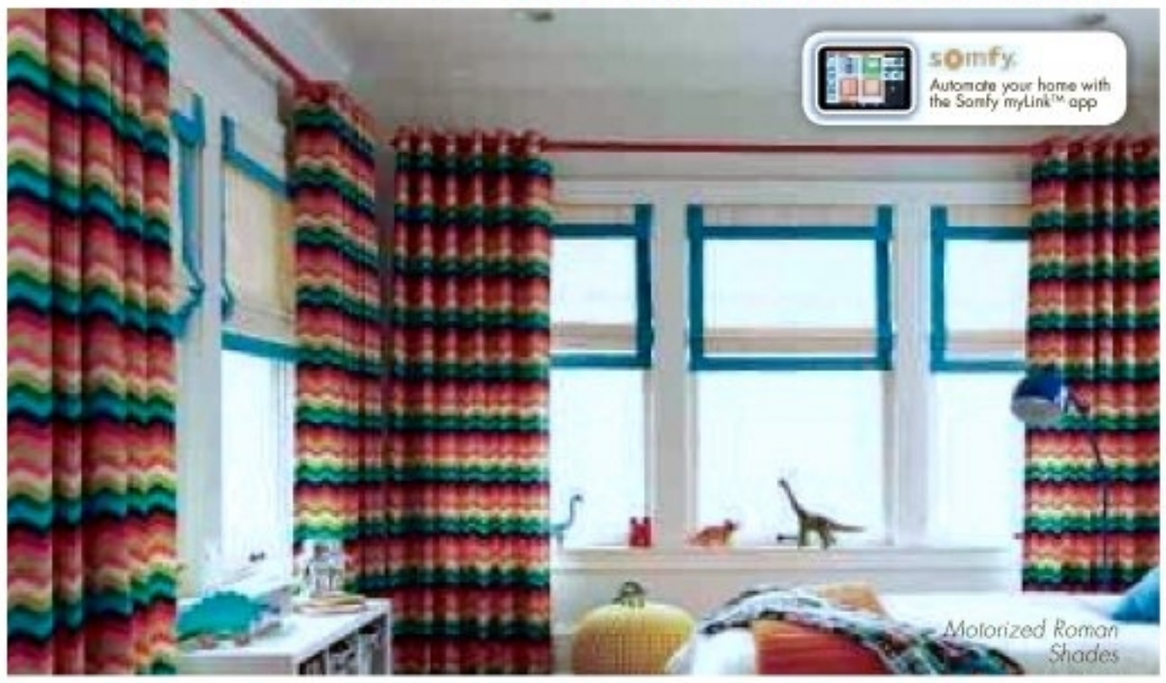

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JOHANNA SCHNELLER WHAT I'M WATCHING

Kurt Russell: The actor is ready for his renaissance

THE SHOW: The Battered Bastards of Baseball (Netflix)
THE MOMENT: Kurt (swoon) Russell

Kurt Russell in The Battered Bastards of Baseball. CONTRIBUTED

"Our first game, we knew we were winning," says the actor Kurt Russell about playing for the Portland Mavericks, a scrappy, independent, Class A baseball team, back in the 1970s.

"But then we realized, 'Wait a minute, have they even gotten a hit?'" He grins. "Our first game was a 4-0 no-hitter. We looked at each other and said, 'This is gonna be magic.'"

That's a good word for this 2014 documentary, directed by Chapman Way and Maclain Way, about the Mavericks, whose run was brief (1973 to 1978) but legendary. In 1973, baseball was already a corporate affair. Independent ball clubs, which once numbered in the hundreds, had dwindled to zero. But Kurt Russell's dad, Bing Russell, a journeyman actor whose biggest credit was 13 years on Bonanza, so loved the game, he financed his own independent team. He held open auditions, hiring a rogue's gallery of funny, hairy, paunchy guys, then used his knowledge of show business to whip them into a sensation.

Kurt doesn't dominate the story; he appears just enough to remind us what a shaggy, sexy guy he's always been. This doc shows us the roots of his all-American naturalism, and makes me think that, though he's not Jeff Bridges, he's ripe for a Bridges-style renaissance.

I hope some new guy with deep pockets steps up and finances a feature version of this ballpark Animal House, so Kurt can play his dad.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Jillian Banks may be as press-shy as The Weeknd

INTERVIEW

R&B singer doesn't know how to be fake, and won't be

Jillian Banks shared ideas and anxieties at Revolution Studios in Toronto. TORSTAR NEWS SERVICE

With her debut record, Jillian Banks scored critical buzz, earned a left-field hit in Beggin for Thread and set herself apart in a crowded electronic-R&B field where it's increasingly difficult to find air (or airtime).

It's worth mentioning those achievements because Banks herself probably wouldn't. Breakthrough status might await Banks as she prepares to release her sophisticated sophomore record The Altar on Sept. 30 and yet, as the mellow-to-the-marrow singer materializes at Revolution Studios for a round of press, it becomes clear self-promotion doesn't come naturally.

"I don't know what I'm supposed to say in interviews or how much I'm supposed to say," she laments, noting that she'll freeze up at a question as innocuous as "What's different about this album?"

"It's unnatural for me. I'm so private. And I don't feel comfortable opening up to people unless I really trust them and know them. It's almost easier in this business to be fake, but I don't know how to be fake," she adds. "If I see somebody commodifying themselves, I'm so uninterested in anything they have to say. I'm really bored by the plastic-ness of it all."

Well, the press-averse Banks was kind enough to talk to us.

The chorus of Gemini Feed is "you're passive aggressive."

What's your definition of passive aggressive behaviour?

Passive aggression is, first of all, painful to be receiving. In that song I was referring to it in a "trying to make someone feel guilty" type of way — but not directly, just in a secret, passive way, which is just infuriating. It's like this secret, secret little snake. It doesn't always come from a bad person. If you haven't seen someone in so long and you love them and they're so far, and you want more attention, that's where passive aggression could stem from.

You're a Gemini, aren't you? I don't know anything about astrology; do you put any stock in it?

Kind of. I think there are little traits in everybody. Being a Gemini means you have two separate sides that you identify with. For example, I'm either an extroverted introvert or an introverted extrovert. Whichever way you say it causes social anxiety, because I don't get my energy from being around people at a party; I get my energy from being in my own space. But I still am a social being; I get really lonely if I'm alone for too long. So it's this confusing thing. Even if you're extroverted tonight, you could be introverted tomorrow and anxious about the night before.

Mother Earth is sonically the most different thing on the album. What's it about?

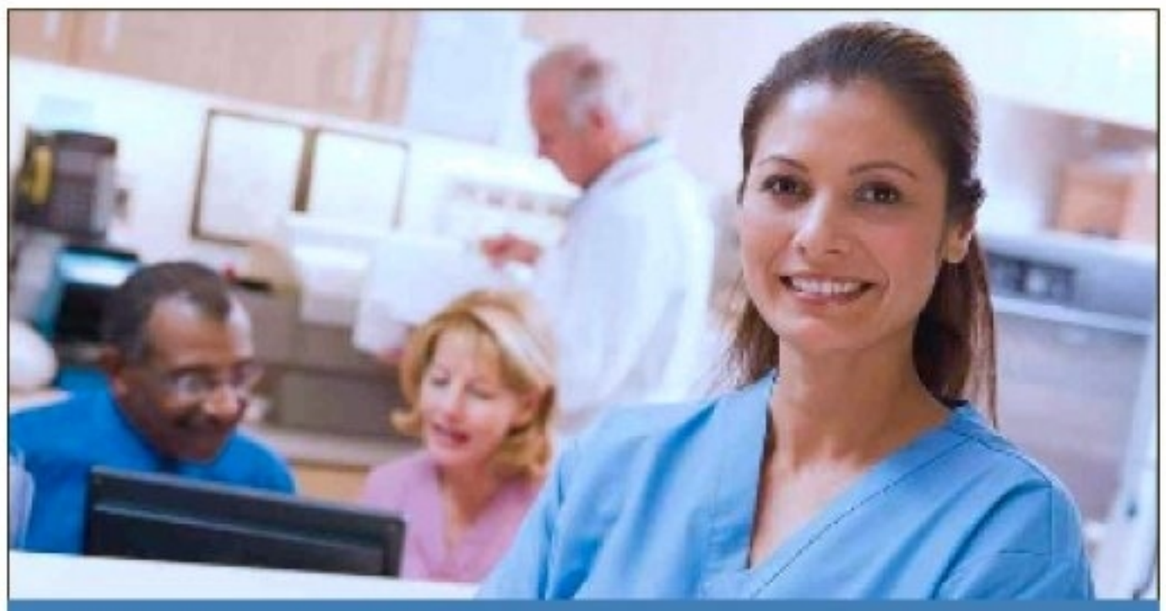
Mother Earth is an ode to femininity; an ode to being a woman in this time. It's like I was singing from the perspective of wanting to heal the world or something. I've felt what a lot of women have felt, and that song came from the pain of that, but it's not a sad song. It's a really powerful, uplifting song for me when I listen to it. It gives me strength.

You toured with The Weeknd and you're in Toronto now, so I'm guessing it's come up?

Every interview. It's funny being here. I love The Weeknd. He's been super supportive of me since the beginning. The first tour I ever went on was with him. I loved seeing him from the first to the second tour, I loved seeing it grow and being part of it. It feels kind of like a little family.

Is he as shy as everyone says he is?

He's as talented as everyone says he is. TORSTAR NEWS SERVICE



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MEET THE CONDO

Ready for Fall 2018 in Edmonds

CONTRIBUTED

Project overview

Kings Crossing by Cressey consists of three residential towers, ranging from 28 to 36 storeys high, with 779 condos built in. The Burnaby highrise includes one-, two- and three-bedroom homes. The development is currently in the pre-sale stage and will be ready for occupancy fall 2018.

Housing amenities

Kings Crossing features rooftop gardens, equipped with a kids' play area and an outdoor fire pit. There's also an outdoor amphitheatre with a wall-mounted screen and tier seating for large groups. Residents can play a game of basketball or volleyball in the sports court or drop into the fitness centre and relax in the steam room or sauna.

Location and transit

Residents can easily access the SkyTrain via the Edmonds station, which is a 10-minute walk. The train is a great option for those who work downtown (a 25-minute commute) or for those who want to get to other parts of the Lower Mainland. Richmond is 10 minutes away, while New Westminster is five.

In the neighbourhood

Kings Crossing is nestled in the Edmonds neighbourhood, and is within walking distance to shops, schools, restaurants, the Tommy Douglas Public Library and the new Edmonds Community Centre. There's lots of nature to explore — from Deer Lake Park to Byrne Creek Ravine Park.

NEED TO KNOW

What: Kings Crossing
Builder: Cressey Development Group
Designer: INSIGHT Design
Location: Edmonds, Burnaby
Building: Three highrise towers
Sizes: From 543 sq. ft. to 1,200 sq. ft.
Model: One-, two- and three-bedroom homes
Pricing: Starting from $412,900
Status: Pre-sales
Occupancy: Fall 2018
Sales centre: 7350 Kingsway, Burnaby
Phone: 604-553-3033
Website: cressey.com/kingswaycrossingbycressey

Built-in bunk beds create a welcoming sleep space for guests while using space efficiently in this guest bedroom. TRIA GIOVA/ BETSY BURNHAM VIA THE ASSOCIATED PRESS

VISITORS

How to host guests like the very best

Hosting houseguests can be a challenge under the best of circumstances. Having a well-designed, private space for them is a huge help, but many homeowners don't have a dedicated room just for that.

"Realistically, most people don't have guests every week," says interior designer Betsy Burnham, founder of Burnham Design in Los Angeles, so many create hybrid guest room/home office spaces, or blend a guest room with a playroom or crafting room.

The challenge is making the space warm and welcoming to guests but functional for other needs. Here, Burnham, small-space design expert Kathryn Bechen and Brian Patrick Flynn, founder of the design firm Flynnside Out Productions, offer advice:

Create a flexible space

If your home office will double as your guest room, Flynn suggests designing a creative work station that doesn't feel like a corporate office. Instead of putting identical nightstands on either side of a bed or sofa bed, try mixing and matching bedside furniture, he says, "letting one of them be a desk or console table to double as a workstation."

And you may not want a queen-size bed dominating your workspace. Burnham notes that there are many comfortable sofa beds these days. Or try a daybed with a trundle attachment. Decorate with structured cushions that give the appearance of a sofa by day, but are easily put aside at night.

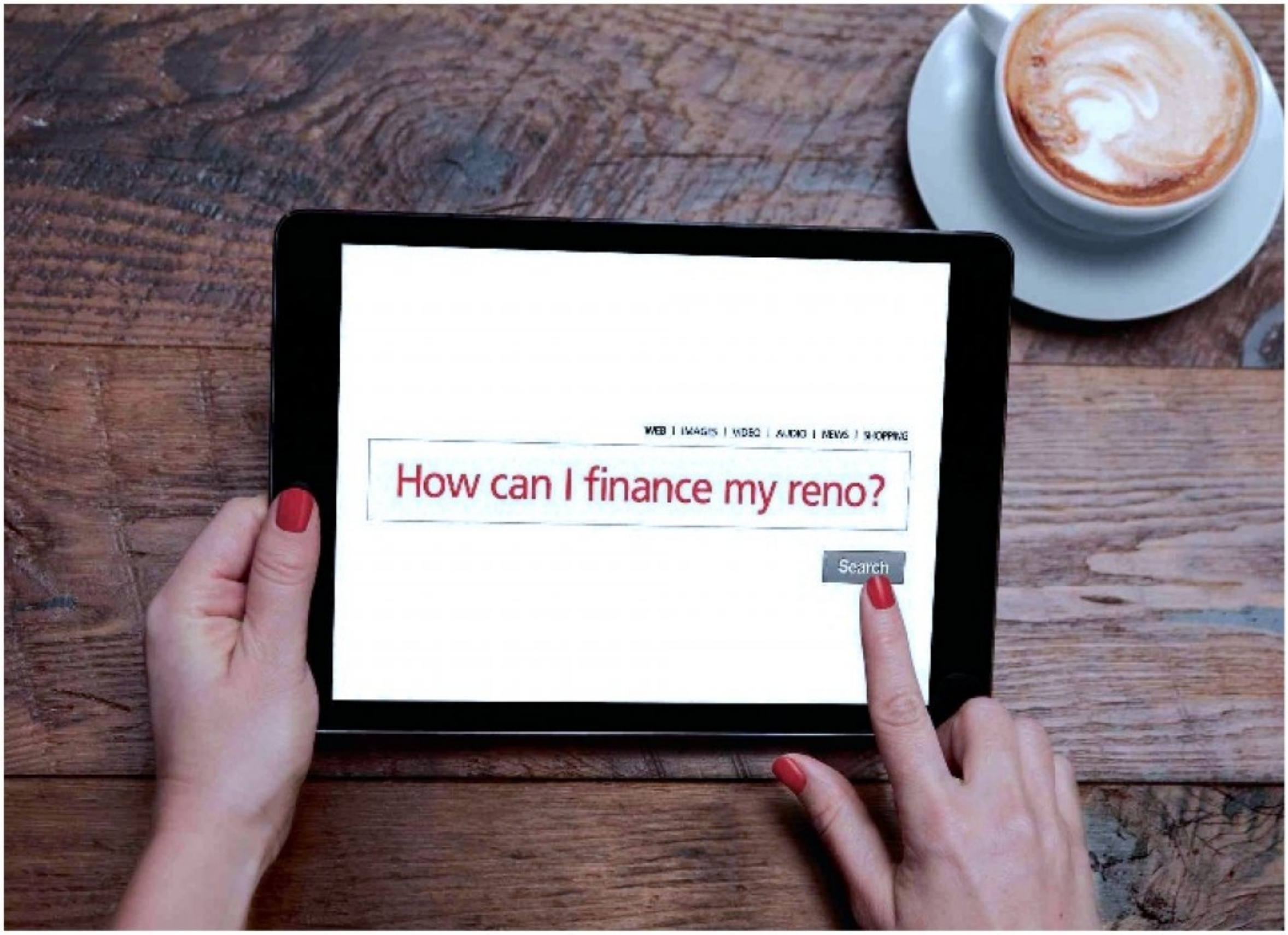
Colour and texture

Another way to make a home office feel like a welcoming guest room is using colour "to personalize the space and draw you in to rest," says Flynn. "I use blue-greys and grey-greens because they're soft and relaxing, but not too energetic."

Sharing the space

If the room is normally your office, decide whether you'll completely withdraw from using it while guests are in town.

"A lot of people work from home," she says. "So the issue is being considerate and sensitive." THE ASSOCIATED PRESS



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Have your cake and DIY too

CRAFTING

Making a decorative cake stand is as easy as 1, 2, 3

Making a cake stand is a piece of cake.

This easy DIY will elevate your party decor without having to spend lots of money at a party shop. Cake stands are inexpensive to make and a great way to repurpose old dishes. Don't worry about matching too much, have fun mixing objects up for a playful look.

All you need is a little glue and a stack of pretty plates, and bases to create a pedestal, then bake something sweet to display on them.

Step 1: Gather the supplies. Wooden pedestals and wooden circles can be purchased at craft stores. Use old dishware such as plates or platters as a cake plate paired with candle holders, small vases or bowls and glasses to create a pedestal. Just make sure the edge is wide and flat to use as a pedestal. Strong glue appropriate for the material you are using (such as super glue) will hold the stand together.

UPCYCLE
Don't know what to do with grandma's old china set? Cake stands are a great way to repurpose old dishes

You'll need:
- Wooden pedestal or other pedestal
- Wooden circle or plates
- Super glue
- Paint
- Paintbrush

Step 2: Get painting
Apply a coat of paint to the wooden plate. Let dry.

Step 3: Glue it
Apply some of the super glue to the flat side of the pedestal and press into place in the centre of the plate. Let the glue dry. Let the glue holding the cake stand together dry completely before moving or using. Check manufacturers' directions for appropriate drying time.

TORSTAR NEWS SERVICE

Cake stands are a festive way to serve pies, pastries and cupcakes. DEBRA NORTON/FOR TORSTAR NEWS SERVICE

RETAIL

Not feeling crafty? Buy it

We've rounded up five cake stands that are ready to serve up your sweet treats.

1 **Cattails Woodwork** A cake stand worthy of heirloom recipes or bakery treats, made from solid black walnut in a studio in rural P.E.I. Walnut Cake Stand
$225 plus $15 shipping
Ready to ship in two to three weeks.

2 **Jeanette Zeis** Personalized pretty pottery cake stands make a special gift, made to order in Portland, Oregon. Custom wedding cake stand, 8 inch
$80 U.S. plus shipping
Ready to ship in four to six weeks.

3 **Pottery Barn** You can't go wrong with a classic white cake stand. Gabriella Cake Stand
$79.02 plus $34.47 shipping plus duty
Ready to ship.

4 **Indigo** A simple, elegant marble and wood pedestal server to display sweets or savory appetizers. Marble & Wood Pedestal, small
$39.50, free shipping
Ready to ship.

5 **Ikea** A pretty domed cake stand you can pick up in store and some Swedish cinnamon buns to fill it, or order online. ARV BRÖLLOP Cake Stand, with lid
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TORSTAR NEWS SERVICE

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Inside the world of colour forecasting

TRENDS

Meet the experts behind the next big hue

Earlier this year, in a Manhattan conference room littered with half-eaten lunches, water bottles, laptops and easels, a group of colour forecasters from PPG Brands was wrapping up a week of work.

They came up with recommendations that will influence the colours and finishes we're likely to see in 2017 on products including appliances, cars, phones, airplanes, paints, beverage cans, even holiday ornaments.

PPG Brands — which makes paint, coatings and materials for industries ranging from architecture and aerospace to automotive and consumer products — is just one of many companies that produce colour forecasts.

At this Manhattan meeting, the forecasters were deep-diving into colour decks, field research reports, magazines, books and each other's heads. The easels were covered with inspiration swatches, photos and descriptive phrases. Small groups sprawled on the carpet with card-filled recipe boxes. They brainstormed, laying out arrays of co-ordinating colours that looked like mosaics, or game boards. Cards were edited in and out, until the palettes came together and there was a universal nod of satisfaction.

From the entire colour spectrum, Violet Verbena, a greyish violet, was chosen as Colour of the Year by the team at PPG Brands. ISTOCK

Dee Schlotter, senior colour marketing manager for PPG's paint brands, in Pittsburgh, oversaw the forecast session.

"The team considers what's happening in society, fashion, nature and elsewhere, and delves into things that resonate with consumers," she said.

> **"The team considers what's happening in society, fashion, nature.**
> Dee Schlotter

For instance, "After 9/11, soft pink, a compassionate colour, and chocolate brown, a grounding colour, bubbled to the surface in home decor."

A few years later, greys became popular and dominated the neutrals category, she said, "because with the state of the economy and of the world, the hue felt right."

This year, the Color of the Year choice was unanimous.

Violet Verbena is a greyish violet. The forecasters liked its gender and age neutrality, as well as its presence in the natural world, from amethysts to outer space. but the team won't know its greater appeal for sure until products begin to roll out.

THE ASSOCIATED PRESS

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The perfect time for a fresh coat

Premium paints with zero emissions are better for the environment. ISTOCK

HOME DECOR

Paint is the best way to update a space on the cheap

Duncan McAllister
For Metro Canada

Fall is a time of new beginnings and, there's no better time to brighten up your space with a new colour scheme.

Adding colour to your home can be an intimidating task. But paint is a quick way to add major impact to your suite without spending a fortune.

"I am a big believer that paint is the best design tool." says Toronto interior designer Kim Jones.

"All of the paint companies today have made it pretty easy and safe to go to their stores and find a card that contains three to five colors that work together well."

Jones suggests a slightly higher investment that will get you the Sherwin-Williams Emerald series of paint that generally covers in one coat. "The caveat is what was under the coat." explains Jones. "If it's old paint, or a very dark paint, then you should add a coat of Kilz primer first, to leave a clean layer for the new paint to stick to."

A smart designer's trick is to layer the paint. "Layering means that you put the darkest colour at the end of the visual walkway, and the lightest colour near the front." says Jones. "That way, one is drawn into the room."

Darker colours tend to get a bad rap when it comes to the perception that it makes the room smaller. Not necessarily so, says Jones. "It does not make the room appear smaller when there is a good contrast between the other elements in the room such as the floor and the ceiling colour."

Start with one room. For example, Sharon Grech, Benjamin Moore's colour and design expert explains how you can transform your bathroom into a relaxing oasis over a weekend in just a few steps.

To create an open, airy feel in a small bathroom, Grech recommends using subtle colours and working with a monochromatic colour scheme that features various paint finishes. "You can create dimension in any room by playing around with varying sheen levels."

As far as colour trends, mellow yellow, the brightest colour in the wavelength, is topping the charts this year. From runways to home accessories to paint, this hue is popping up everywhere.

Grech suggests using premium paint with zero emissions, such as Natura Waterborne Paint from Benjamin Moore.

It has low odour, meaning it's a safer paint for your family and the environment.

MORE TIPS

Kim Jones shares her expertise on finding the right colour for your space:

White
There is no such thing as white. Some whites are yellow. Some go blue.

Black
Black is not a colour. We humans came up with it. Black is used best as a contrast in small doses in the home.

Blue
When painting blue on a wall, always go a bit lighter than you think you want. Blue saturates differently and can take on a very different tone in a large space.

Old
Our eyes change over the years and the older we get, the more of a yellow cast we see.

Young
Kids see contrasts in colour first. This is often why a nursery has bright colours in it.

Gender
Women see ranges in colour more easily.

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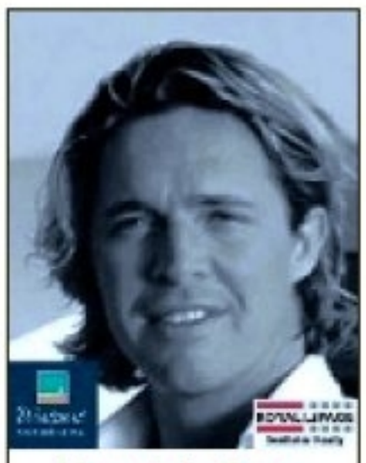

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metro SPORTS

Out of golf for more than a year, Tiger Woods said he hopes to play next month at the Safeway Open in Napa, Calif.

'I'm back in my groove'

LIONS

Elimimian dominant once again following Achilles injury

Solomon Elimimian is back wreaking havoc on CFL offences.

The B.C. Lions' tenacious linebacker has regained the form that made him the CFL's outstanding player in 2014. This comes after Elimimian thought last year he may be done with football while recovering from Achilles surgery.

"I had surgery Aug. 20 and didn't start walking until Oct. 6," Elimimian recalled. "I remember how long the rehab process was ... the good thing was I was naive to the process because had I known how long it would take and how much work I'd have to put in, I don't know if I'd be able to do it again."

The six-foot, 225-pound Elimimian suffered a ruptured Achilles tendon in a 52-22 loss to the Hamilton Tiger-Cats on Aug. 16, 2015. At the time, the 29-year-old was the CFL's second-leading tackler behind teammate Adam Bighill.

Elimimian made CFL history in 2014 when he became the first defensive player to win the league's outstanding player award. He recorded a league-record 143 tackles while adding five sacks, one interception and three fumble recoveries.

Elimimian, the CFL's top rookie in 2010, had a club-record 14 tackles with a sack and interception in B.C.'s 16-13 road win last Wednesday night over the Toronto Argonauts. Elimimian has 34 tackles in the Lions' last three games and 70 on the season, behind only Montreal's Bear Woods (74), along with five sacks.

B.C. (7-3) has won four of its last five games to stand second in the West Division behind Calgary (8-1-1). The Lions host the Montreal Alouettes (3-7) on Friday night.

"I'm playing with confidence which is very important because to be successful you need confidence," Elimimian said. "I know some people don't come back from an Achilles and even when they do, sometimes they're not the same.

"As a player, if you lose your confidence you might as well retire and do something else. I feel like I'm back in my groove."

THE CANADIAN PRESS

PARALYMPICS LET THE GAMES BEGIN The Canadian delegation arrives to the opening ceremony of the Rio 2016 Paralympic Games in Rio de Janeiro, Brazil, Wednesday. Flag-bearer David Eng, a two-time gold medallist in wheelchair basketball, knelt on one knee when he entered Maracana Stadium and gave a fierce wave of the Maple Leaf. "This is a moment I will cherish forever," Eng said. "I'm feeling so blessed." SILVIA IZQUIERDO/THE ASSOCIATED PRESS

RIO2016

Field of play won't feel cuts: Minister

Canada's sports minister has a deep background in Paralympic sport as an athlete and leader.

Carla Qualtrough says athletes will be able to compete to the best of their abilities in Rio de Janeiro despite the scaling back of the Paralympics.

A swimmer and former head of the Canadian Paralympic Committee, she doesn't expect competition for medals to be impaired in cash-strapped Rio.

162

Canada's 162 athletes are among the 4,300 competing in 23 sports.

"I'm absolutely confident we're going to have world-class performances here in Rio," Qualtrough told The Canadian Press. "The events are going to be run really soundly. All the experts from around the world from the different sports are here.

"They're in their venues and making sure that the athletes' experience on the field of play is top drawer. We're going to have to be patient with everything else."

Rio organizers have said deep budget cuts mean reduced workforce and transportation and the closing of some facilities for the Paralympics. THE CANADIAN PRESS

NFL

Kaepernick glad Obama has his back

Colin Kaepernick was encouraged that President Barack Obama recently weighed in on his national anthem protest by praising him for generating conversation about social issues.

Obama said Monday that he had no doubt that the San Francisco 49ers quarterback is sincere and "cares about some real, legitimate issues." He also said approvingly that Kaepernick has generated more national conversation about "issues that need to be talked about" since his refusal to stand for the anthem became public less than two weeks ago.

Colin Kaepernick GETTY IMAGES

"I think that was great that he came out and supported the message that we do need to make changes in these areas," Kaepernick said Wednesday.

THE ASSOCIATED PRESS

IN BRIEF

Watt returns to action after back surgery

J.J. Watt never doubted he'd play in Houston's season opener while recovering from back surgery that forced him to miss all of training camp.

Watt returned to practice this week and will be on the field when the Texans host the Chicago Bears on Sunday. Last year's NFL Defensive Player of the Year had been out since his July surgery to repair a herniated disk in his back.

THE ASSOCIATED PRESS

Yankees cap sweep of Jays

Bryan Mitchell earned his first major-league win, combining with Luis Severino and Tyler Clippard to shut down the dangerous Toronto Blue Jays, and the New York Yankees kept up their surprising surge with a 2-0 victory Wednesday night that completed a three-game sweep.

The Yankees have won four straight and 10 of 14. They closed to within 3-1/2 games behind skidding Toronto. THE ASSOCIATED PRESS

U.S. OPEN

Noise rattles Murray in quarter-final loss

Andy Murray dropped seven consecutive games after a let call caused by a loud noise in the arena's speaker system during a fourth-set point and lost to Kei Nishikori 1-6, 6-4, 4-6, 6-1, 7-5 in a riveting U.S. Open quarter-final Wednesday.

Murray, the No. 2 seed and 2012 champion at Flushing Meadows, disagreed with chair umpire Marija Cicak's decision to immediately halt things when play was interrupted by a sound similar to what a gong might make. It happened with Murray already up two sets to one and holding a second break point at 1-all in the fourth.

Andy Murray GETTY IMAGES

THE ASSOCIATED PRESS

RECIPE Margherita Pizza Waffles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Savoury waffles will be your new breakfast for dinner addiction for not only their ease, but the multitude of option available. We love the all-around flavor favourite of a margherita pizza, though

Ready in 20 minutes
Prep time: 5 minutes
Cook time: 15 minutes
Makes 4 waffles

Ingredients
- 3 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 tsp garlic powder
- 2 1/2 cups milk
- 1 cup cubed mozzarella
- freshly chopped basil
- 1/4 cup fresh shaved Parmesan cheese
- 1 cup marinara sauce

Directions

1. In a large bowl, whisk together flour, baking powder, baking soda, salt and garlic powder. Add the milk; stir until blended.

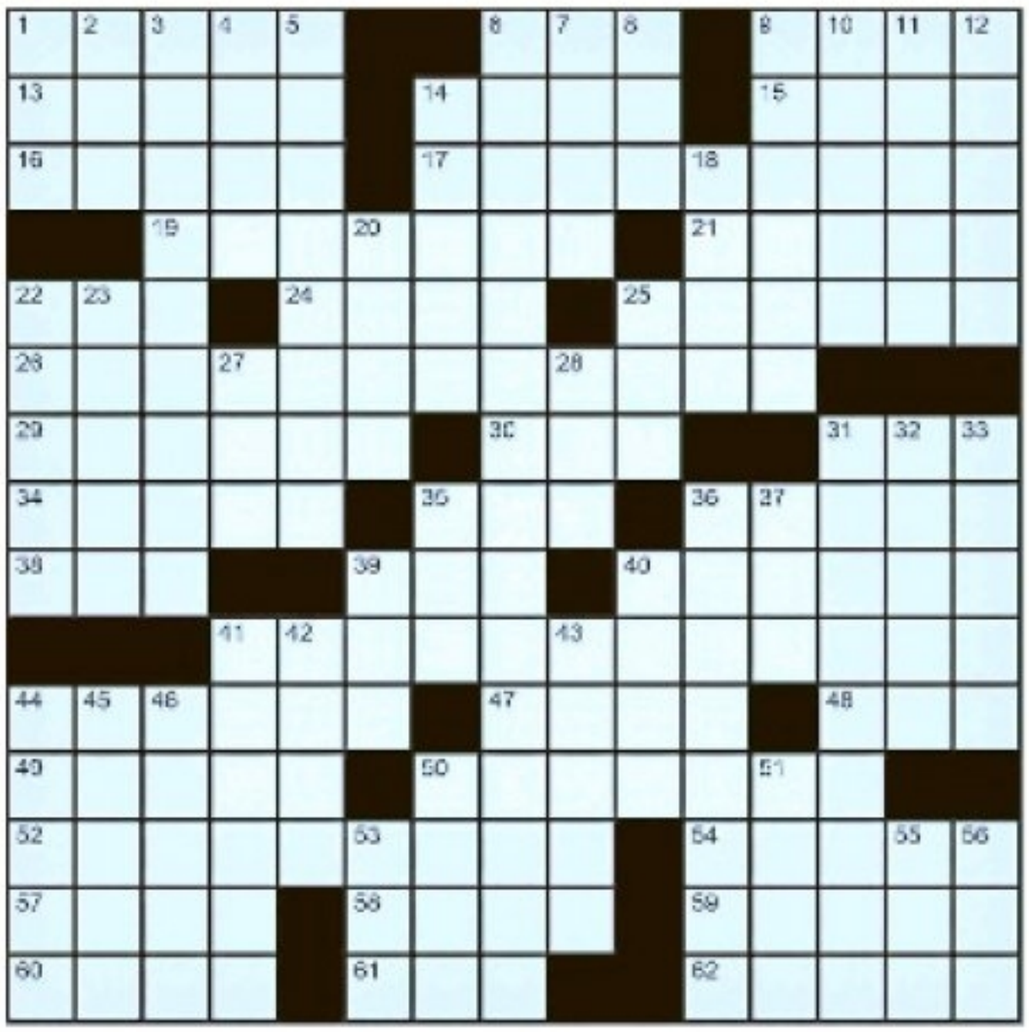
2. Heat your waffle iron to desired temperature.

3. Ladle the batter into preheated waffle iron and sprinkle with 1/4 cup mozzarella and basil. Cook the waffles until golden and crisp. Serve immediately with an extra sprinkle of mozzarella, Parmesan cheese and a side of marinara sauce for dipping.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cat's soft cries
6. Stew tidbit
9. Gladiator's 350
13. Taj __
14. Brit singer Mr. Murs
15. Ravel's "Ma mere __" (Mother Goose)
16. County in Ireland
17. Guess Who song that asks "Can your telescope tell me where the sun's gone?": 2 wds.
19. Actor/director Tim
21. Give way
22. Carpentry tool
24. 1979 chart-topping Styx ballad
25. Variant-spelled famous Pharaoh
26. Fluffy mascots of Canadian toilet paper brand Royale: 2 wds.
29. Estimate/envision
30. Concealed
31. Groovy
34. Building blocks
35. Over there
36. Feudal lord
38. Branch
39. 4 qts.
40. __-by-the-Sea (Where Clint Eastwood was the Mayor in California)
41. Town known as the 'Gingerbread Capital of Ontario' because of its decoratively wood-trimmed Victorian-era houses: 2 wds.
44. Shredded: 2 wds.
47. "Egad!"
48. WKRP employee
49. Nautical "Stop!"
50. Have confidence in a product: 2 wds.
52. Common people: 2 wds.
54. "Tee-__-Un-Bum-Bo"
57. France/Belgium river
58. Spectre's echo.....
59. Some woodwinds
60. Broadway star Linda
61. Marry
62. "I need __ __..." (Shopper's self-reminder)
12. West Yorkshire city in England
14. Antelope with horns that resemble ready-to-attack snakes
18. Ms. Cannon
20. Make some desserts
22. Atrocious
23. Whimper
25. 2012 Taylor Swift album
27. "Tsk!"
28. Atomic Number 50
31. Farley in the For Better or For Worse comic strip: 2 wds.
32. Anoint, archaically
33. Bicycle sounders!
35. Tibetan ox
36. Begin to be established: 2 wds.
37. ___ The Prince of Wales
39. Econ. measure
40. Latin for 'onion'
41. Evening star
42. Car
43. "And on his farm he had a cow, _-_-_-_!"
44. Lake __ (American resort)
45. Elliptical
46. Lift
50. Plum-like fruit
51. Peter Sellers comedy, The __ (1967)
53. Volume setting
55. Kathie Gifford link
56. East: French

DOWN
1. Norma Jean's initials-sharers
2. 'Ether' suffix
3. Spinning top
4. Lake, in Italy
5. Shows affection like a puppy
6. Movie-themed restaurant chain since 1991 of which there is one in Niagara Falls: 2 wds.
7. Inventor Mr. Whitney's
8. Ms. Rand
9. Says something is so
10. Ice cream holders
11. Use a bike

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Steer clear of prickly subjects like politics, religion and racial issues today, because this is a poor day for serious discussions. People are critical and confused. Bad combo.

Taurus April 21 - May 21
Old flames are back in the picture, which means you want to look good. After all, living well is the best revenge, right?

Gemini May 22 - June 21
This is a great time to wrap up anything to do with home repairs. It's also a good time for family reunions and trading lies about the bad old days. Enjoy!

Cancer June 22 - July 23
Tread carefully at work today, because someone could be critical of you. What might be particularly painful is due to some kind of confusion. You are completely innocent.

Leo July 24 - Aug. 23
Children might be an increased burden or responsibility today. Certainly, there is confusion about social situations. Do not jump to any conclusions until you know what's happening.

Virgo Aug. 24 - Sept. 23
Things are a bit tough at home today, so let sleeping dogs lie. Don't make an issue about anything. And don't believe everything you hear.

Libra Sept. 24 - Oct. 23
Because this is a confusing day in many ways, be careful. Guard against negative thinking; at the same time, be careful that you are not fooled! (Crazy day.)

Scorpio Oct. 24 - Nov. 22
Postpone important financial decisions. Do not make them today. You have no confidence, and the facts are not reliable. You cannot trust anything.

Sagittarius Nov. 23 - Dec. 21
Whatever you do today will be gained by hard work. That's OK; you're not afraid of hard effort. Nevertheless, know that things might not be as they appear.

Capricorn Dec. 22 - Jan. 20
Your lack of confidence in your ideas and your purpose make this a poor day to assert yourself in any kind of important discussion. Therefore, hold back and postpone things.

Aquarius Jan. 21 - Feb. 19
Do not be cowed or discouraged by someone older, who might be critical of you. (This person probably doesn't even really know who you are.)

Pisces
Feb. 20 - March 20
Avoid important decisions regarding authority figures (parents, bosses and VIPs), because no one can rely upon the information they have. Today is confusing and things are not as bad as they seem.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		6						

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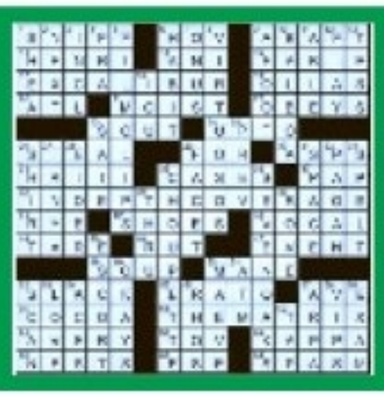

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6	1	9	7	3	2	4	8	5
9	2	4	8	5	6	1	7	3
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1	6	7	3	2	9	8	5	4

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